

REVISED WARM-UP SCHEDULE

Preliminary Warm-up Schedule (11-12, 13-14)

Fri, Sat, & Sun		
6:45 – 7:30 AM	All Lanes	General Warm-up; NO DIVING!
7:30 - 7:45 AM	Lanes 2, 3, 6, & 7 Lanes 1 & 8 Lanes 4 & 5	Sprint Lanes – racing starts from starting end only. Swim one way. Walk back Pace Lanes General Warm-up; NO DIVING!
7:45 AM	Clear Pool	Coaches meeting
8:00 AM	MEET STARTS	

Finals Warm-up Schedule (11-12, 13-14)

Fri & Sat		
4:00* – 4:30 PM	All Lanes	General Warm-up; NO DIVING!
4:30 – 4:45 PM	Lanes 2, 3, 6, & 7 Lanes 1 & 8 Lanes 4 & 5	Sprint Lanes – racing starts from starting end only. Swim one way. Walk back Pace Lanes General Warm-up; NO DIVING!
4:45 PM	Clear Pool	Coaches meeting
5:00 PM	MEET STARTS	

Finals Warm-up Schedule (11-12, 13-14)

Sun		
3:30* – 4:00 PM	All Lanes	General Warm-up; NO DIVING!
4:00 – 4:15 PM	Lanes 2, 3, 6, & 7 Lanes 1 & 8 Lanes 4 & 5	Sprint Lanes – racing starts from starting end only. Swim one way. Walk back Pace Lanes General Warm-up; NO DIVING!
4:15 PM	Clear Pool	Coaches meeting
4:30 PM	MEET STARTS	

*Warm-ups will start not earlier than 3:30

Timed Finals Warm-up Schedule (10 & Under)

Fri, Sat, & Sun		
1:00 - 1:20 PM	All Lanes	General Warm-up; NO DIVING!
1:20 - 1:30 PM	Lanes 2, 3, 6, & 7 Lanes 1 & 8 Lanes 4 & 5	Sprint Lanes – racing starts from starting end only. Swim one way. Walk back Pace Lanes General Warm-up; NO DIVING!
1:30 PM	Clear Pool	Coaches meeting, if needed
1:45 PM	MEET STARTS	

Meet Finals will NOT BEFORE: 1:45 pm