



Championship Warm Up Schedule

Senior Champs

PRELIMS

7:00-7:50am General Warm up all lanes open; circle swimming

7:50-8:20am Specific Warm up

Lanes 1 & 8 pace

Lanes 2 & 7 dive sprints (more lanes may be opened as necessary)

8:30am Meet start

FINALS

5:00-5:40pm general warm up all lanes open; circle swimming

5:40-6:00pm (or last 20 min if shorter than 1 hour) specific warm up

Lanes 1 & 8 pace

Lanes 2 & 7 dive sprints (more lanes may be opened as necessary)

6:10pm Meet Start

Junior Champs

First 40 minutes all open; circle swimming (no assigned lanes)

Final 20 minutes Specific Warm up

Lanes 1 & 8 pace

Lanes 2 & 7 dive sprints