



# Warm Up Procedures

**NO EQUIPMENT IN COMPETITION POOL**

Prelims	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Shallow 25 Meter Lanes
7:30 - 8:15	GENERAL WARM UPS ALL LANES										General Warm Up - Unassigned
8:15 - 8:45	PACE	Starts /Back	General WU	General WU	General WU	General WU	General WU	*General WU	Starts /Back	PACE	
8:45 - 9:00	Competition Pool CLOSED - Session Start Time of 9:00 am										
Lane 1 & 8 Start Lanes (& 2 if needed). *Lane 7 will be from Turn End on SATURDAY ONLY											
Lanes 1 & 8 will be for BACKSTROKE STARTS on SATURDAY & SUNDAY											

Finals	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Shallow 25 Meter Lanes
3:00 - 4:15	GENERAL WARM UPS ALL LANES***										General Warm Up - Unassigned
4:15 - 4:45	PACE	Starts /Back	General WU	General WU	General WU	General WU	General WU	*General WU	Start s/Ba ck	PACE	
4:45 - 5:00	Competition Pool CLOSED - Session Start Time of 5:00 pm										
***Sunday Finals Warm-Up will start in available 25M and 25Y lanes while distance heats are finishing***											
Lane 1 & 8 Start Lanes (& 2 if needed). *Lane 7 will be from Turn End on SATURDAY ONLY											
Lanes 1 & 8 will be for BACKSTROKE STARTS on SATURDAY & SUNDAY											

**Sit & Slide Entry into the pool for all General Warm Up & Pace Lanes!**