WARM UP PROCEDURE FOR THE STATE MEETS AT BYU

FRIDAY PRELIMS

There will be a General Warm up in the competition pool for 30 minutes from the start time of warm ups.

After which Lanes 1 will be a pace lane, Lanes 8 will be swim back lane.

Lanes 2, 3, 4, 5, 6, and 7 will be for starts, one-way swimming only.

There are two other pools the swimmers can warm up in, plenty of room. Do your kicking and pulling in these pools please.

The Competition Pool will close at 10 minutes before meet start time.

A welcome to the State Championships by the announcer, The National Anthem will be played, and the first event will be called to the blocks.

The first event will be whistled up at meet start time.

Prelims - will be flyovers, have your swimmers hold to the wall until the next heat is started, then clear the pool quickly. Except for Backstroke, will step the next heat in while finishing heat clears the pool.

SATURDAY FINALS

General Warm up in the competition pool for 30 minutes from start time on warm ups.

After which lane 1 will be a pace lane, Lanes 8 will be swim back lane.

Lanes 2, 3, 4, 5, 6, and 7 will be for starts, one-way swimming only.

The Competition Pool will close at 10 minutes before meet start time.

A welcome to the State Championships by the announcer, The National Anthem will be played, and the first event will be called to the blocks.

The first event will be whistled up at meet start time.

*Please go over the warm up procedure with your swimmers so there is no confusion on deck.

Finals – Pool will be cleared for every heat. Have swimmers stay in the water until last swimmer in heat finishes, then exit the pool quickly.

Looking forward to a great Championship weekend, with great swims, PR's, records made and broken and good sportsmanship all around.

Respectfully State Meet Personnel