

Cascade Sandy Ferris Age Group Challenge Warmup & Warmdown Lane Schedule

Friday

Sandy Ferris Age Group Challenge

North Pool (Main Competition Pool)	South Pool	West Training Pool (L5, L6, L7, L8)
7:30-7:50AM General Warmup	7:30-7:50AM General Warmup	
7:30-8:20AM Pace Lane Open (2)	7:30-8:20AM Pace Lane Open (2)	
7:50-8:20AM Sprint Lanes Open (1&8)	7:50-8:20AM Sprint Lanes Open (1&8)	
7:50-8:20AM Pace Lanes Open (2&7)*	7:50-8:20AM Pace Lanes Open (2&7)*	
	8:20-2:30PM General Warmup & Warmdown	
4:00-4:45PM General Warmup	4:00-8:00PM General Warmup & Warmdown^	
4:00-4:45PM General Warmup		
4:20-4:45PM Sprint Lanes Open (1&8)		
4:20-4:45PM Sprint Lanes Open (2&7)		

Saturday

Sandy Ferris Age Group Challenge

North Pool	South Pool	West Training Pool (L5, L6, L7, L8)
7:30-7:50AM General Warmup	7:30-7:50AM General Warmup	8:30-1:00PM L5-8 General Warmup
7:30-8:20AM Pace Lane Open (2)	7:30-8:20AM Pace Lane Open (2)	
7:50-8:20AM Sprint Lanes Open (1&8)	7:50-8:20AM Sprint Lanes Open (1&8)	
7:50-8:20AM Pace Lanes Open (2&7)*	7:50-8:20AM Pace Lanes Open (2&7)*	
4:00-4:50PM General Warmup	4:00-8:00PM General Warmup & Warmdown^	*Additional sprint lanes may be opened on an as needed basis
4:20-4:50PM Pace Lane Open (2)		
4:20-4:50PM Sprint Lanes Open (1&8)		
4:20-4:50PM Pace Lanes Open (2&7)*		
4:20-4:50PM Pace Lanes Open (2&7)*	<i>^Please self monitor these lanes</i>	

Sunday

Sandy Ferris Age Group Challenge

North Pool	South Pool	West Training Pool (L5, L6, L7, L8)
7:30-7:50AM General Warmup	7:30-7:50AM General Warmup	8:30-1:00PM L5-8 General Warmup
7:30-8:20AM Pace Lane Open (2)	7:30-8:20AM Pace Lane Open (2)	
7:50-8:20AM Sprint Lanes Open (1&8)	7:50-8:20AM Sprint Lanes Open (1&8)	
7:50-8:20AM Pace Lanes Open (2&7)*	7:50-8:20AM Pace Lanes Open (2&7)*	
2:30-3:20PM General Warmup	2:30-6:30PM General Warmup & Warmdown^	*Additional sprint lanes may be opened on an as needed basis
2:30-3:20PM Pace Lane Open (2)		
2:50-3:20PM Sprint Lanes Open (1&8)		
2:50-3:20PM Pace Lanes Open (2&7)*	<i>^Please self monitor these lanes</i>	

The above is a list of available warmup space and time throughout the weekend.

Please be advised that some of the times and lanes are subject to change based on actual running times during the event.

If you have any questions regarding this document you may speak to the Speed Meet Meet Managers, Lindy Kennedy & Jamie Kwan; or you may speak to the Event Technical Director, Jasen Pratt.

Swimming Canada Warm-Up Competition Safety Procedures will be in effect at this meet.