

# Cascade Speed Meet & Mini Pro Warmup & Warmdown Lane Schedule

## Friday

### Speed Meet: Mini Pro

North Pool (Main Competition Pool) Long Course (50m)#	Dive Tank	West Training Pool (L5, L6, L7, L8)
3:00-3:45PM    General Warmup	3:00-7:00PM    General Warmup & Warmdown^ #Main Competition Pool (LCM) will remain open post competition until 7:00PM for warmdown	
3:00-3:45PM    General Warmup		
3:20-3:45PM    Sprint Lanes Open (1&8)		
3:20-3:45PM    Sprint Lanes Open (2&7)		

## Saturday

### Speed Meet

North Pool#	South Pool#	West Training Pool (L5, L6, L7, L8)
7:30-7:50AM    General Warmup	7:30-7:50AM    General Warmup	8:15-1:00PM    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)*	
<b>#Both North &amp; South comp pools will remain open for warmdown post competition until 1:00PM after prelims and 8:00PM after finals for teams wishing to swim down under coach supervision</b>		
	<b>Dive Tank</b>	
4:00-4:50PM    General Warmup	5:00-8:00PM    General Warmup & Warmdown^	8:15AM-10:30AM
4:20-4:50PM    Pace Lane Open (2)	*Additional sprint lanes may be opened on an as needed basis ^Please self monitor these lanes	5:00PM-6:45PM
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)*		

## Sunday

### Speed Meet

North Pool	South Pool	West Training Pool (L5, L6, L7, L8)
8:00-8:50AM    General Warmup	8:00-8:50AM    General Warmup	8:15-1:00PM    L5-8 General Warmup
8:00-8:50AM    Pace Lane Open (2)	8:00-8:50AM    Pace Lane Open (2)	
8:20-8:50AM    Sprint Lanes Open (1&8)	8:20-8:50AM    Sprint Lanes Open (1&8)	
8:20-8:50AM    Pace Lanes Open (2&7)*	8:20-8:50AM    Pace Lanes Open (2&7)*	
<b>#Both North &amp; South comp pools will remain open for warmdown post competition until 1:00PM after prelims and 6:30PM after finals for teams wishing to swim down under coach supervision</b>		
	<b>Dive Tank</b>	
2:30-3:20PM    General Warmup	3:30-6:30PM    General Warmup & Warmdown^	8:15AM-10:30AM
2:30-3:20PM    Pace Lane Open (2)	*Additional sprint lanes may be opened on an as needed basis ^Please self monitor these lanes	3:15PM-5:00PM
2:50-3:20PM    Sprint Lanes Open (1&8)		
2:50-3:20PM    Pace Lanes Open (2&7)*		

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 Laurie Kelly**; 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.**