



Warm Up Schedule

2014 EZ LC Age Group Championship, August 6-9, 2014

WARM UP SCHEDULE: 13 AND OVER SESSIONS

Wednesday and Friday Morning – Prelim Session

Warm up A – 6:45 to 7:25 am – Virginia (lane 1, share lane 2), NJ (share lane 2, lane 3), Mid Atlantic (lanes 4,5), PVS (lane 6-8)

Warm up B – 7:25 to 8:05 am – NE (lane 1, share lane 2), AM (share lane 2, lane 3), MR (lanes 4, 5), AD (lane 6), lanes NI (lane 7), and CT (lane 8).

Thursday and Saturday Morning – Prelim Session: Warm up B goes first (6:45 to 7:25) and Warm up A goes second (7:25 to 8:05)

WARM UP SCHEDULE: 12 AND UNDER SESSIONS: 25 minutes each session

Wednesday and Friday Afternoon

Warm up A - New Jersey (lane 1, 2, share 3), AM (share 3), Metro (lanes 4, 5, 6), VA (lane 7, share lane 8), Niagara (share lane 8), Adirondack (share lane 8).

Warm up B – Potomac Valley (lanes 1, 2, 3), CT (lane 4, share lane 5), ME (share lane 5), NE (share lane 5, lane 6), MA (lanes 7, 8)

Thursday and Saturday Afternoon – Reverse order, with Warm up B starting first.

Beginning time for 12 & Under warm-up sessions:

- **Wednesday and Saturday: begin at 12:15**
- **Thursday and Friday: begin at 11:30**

During all preliminary warm up sessions, coaches are expected to monitor the lanes and determine how they are used. (ie general, pace, sprint).

All Finals Sessions

Finals warm up session will start at 4:30 PM or immediately following the completion of the 12 & U session, whichever is later. The warm up session will last 50 minutes. During the last 25 minutes of warm ups, Lanes 1 and 8 will be pace, Lanes 2 and 7 sprint, and Lanes 3,4,5,and 6 General. Referees will open additional lanes for pace or sprint as needed. The competition pool will be cleared at 5:20 pm.

The Warm up, Cool Down pool will be open for General warm up during all warm up sessions and during competition.