

WARMUPS - THURSDAY EVENING

Friday AM Session															
	Dive Well - SCY						Bulkhead	Competition Pool - LCM							
Time	1	2	3	4	5	6		1	2	3	4	5	6	7	8
3:30-4:30								General Warm-up							
4:30-5:00								Controlled Warmup							
								Pace 50s - push off - circle swimming Racing Starts - 1-length only from Start end Backstroke Starts - 1-length only from Start end Swimming and pulling only - push off - circle swimming Swimming and pulling only - push off - circle swimming Backstroke Starts - 1-length only from Start end Racing Starts - 1-length only from Start end Pace 50s - push off - circle swimming							
During Meet							Closed for Competition								

Facility gates open at 3:00pm for coaches/athletes in the 800m; Pool opens for warm-ups at 3:30pm
Swimmers MUST have their coach on deck in order to warm up

GENERAL WARMUP

Session is open to all swimmers entered into the 800m; no assigned lanes
Multiple teams to a lane but teams must put all their swimmers in the same lane; Lane limit of 10 swimmers

DIVE WELL:

Dive well is open for general warm-up/warm-down for all swimmers in the 800m

POST-SESSION WARMUP

The pool will be open at the end of the session until 7:30pm for general warmup for all athletes in the meet

WARMUPS - FRIDAY MORNING

Friday AM Session	Dive Well - SCY							Competition Pool - LCM							
	1	2	3	4	5	6	Bulkhead	1	2	3	4	5	6	7	8
Time								Warm-up Session 1							
								FLOR		SYS		GSC		AZUR	
7:00-7:45								Warm-up Session 2 (Teams keep to single lane)							
7:45-8:30								Controlled Warmup							
8:30-9:00	General Warm-Up (Open to All Swimmers)							Pace 50s - push off - circle swimming							
								Racing Starts - 1-length only from Start end							
						Backstroke Starts - 1-length only from Start end									
						Swimming and pulling only - push off - circle swimming									
						Swimming and pulling only - push off - circle swimming									
						Backstroke Starts - 1-length only from Start end									
						Racing Starts - 1-length only from Start end									
						Pace 50s - push off - circle swimming									
						Closed for Competition									
During Meet															

Facility gates open at 6:50am for coaches/athletes; Pool opens for warm-ups at 7:00am
Swimmers MUST have their coach on deck in order to warm up

WARM-UP SESSION #1

Session is assigned to the 4 largest teams in the Competition Pool; Dive Well is open for all teams/swimmers

WARM-UP SESSION #2:

Session is open to all teams not assigned to Session 1; no assigned lanes as most teams have 1-5 swimmers
Multiple teams to a lane but teams must put all their swimmers in the same lane; Lane limit of 10 swimmers

DIVE WELL:

Dive well is open for general warm-up/warm-down for all swimmers

WARMUPS - FRIDAY EVENING

Friday PM Session															
	Dive Well - SCY						Bulkhead	Competition Pool - LCM							
Time	1	2	3	4	5	6		1	2	3	4	5	6	7	8
								Warm-up Session 1							
3:00-3:45	General Warm-Up (Open to All Swimmers)							FLOR		SYS		GSC		AZUR	
3:45-4:30								Warm-up Session 2 (Teams keep to single lane)							
4:30-5:00								Controlled Warmup							
								Pace 50s - push off - circle swimming	Racing Starts - 1-length only from Start end	Backstroke Starts - 1-length only from Start end	Swimming and pulling only - push off - circle swimming	Swimming and pulling only - push off - circle swimming	Backstroke Starts - 1-length only from Start end	Racing Starts - 1-length only from Start end	Pace 50s - push off - circle swimming
During Meet							Closed for Competition								

Facility gates open at 6:50am for coaches/athletes; Pool opens for warm-ups at 7:00am
Swimmers MUST have their coach on deck in order to warm up

WARM-UP SESSION #1

Session is assigned to the 4 largest teams in the Competition Pool; Dive Well is open for all teams/swimmers

WARM-UP SESSION #2:

Session is open to all teams not assigned to Session 1; no assigned lanes as most teams have 1-5 swimmers
Multiple teams to a lane but teams must put all their swimmers in the same lane; Lane limit of 10 swimmers

DIVE WELL:

Dive well is open for general warm-up/warm-down for all swimmers

WARMUPS - SATURDAY MORNING

Sat AM Session																
	Dive Well - SCY							Competition Pool - LCM								
Time	1	2	3	4	5	6		1	2	3	4	5	6	7	8	
7:45-8:30	General Warm-Up (Open only to 1500m Swimmers)						Bulkhead	Warm-up Session 1 (1500m Swimmers Only)								
8:30-9:00								Controlled Warmup								
								Pace 50s - push off - circle swimming	Racing Starts - 1-length only from Start end	Backstroke Starts - 1-length only from Start end	Swimming and pulling only - push off - circle swimming	Swimming and pulling only - push off - circle swimming	Backstroke Starts - 1-length only from Start end	Racing Starts - 1-length only from Start end	Pace 50s - push off - circle swimming	
								Closed for Competition								
During 1500m	General Warm-Up (Open to all Swimmers)							Warm-up Session 2								
10:00-10:45								Controlled Warmup								
								Pace 50s - push off - circle swimming	Racing Starts - 1-length only from Start end	Backstroke Starts - 1-length only from Start end	Swimming and pulling only - push off - circle swimming	Swimming and pulling only - push off - circle swimming	Backstroke Starts - 1-length only from Start end	Racing Starts - 1-length only from Start end	Pace 50s - push off - circle swimming	
10:45-11:30								Closed for Competition								
During Meet																

Facility gates open at 6:50am for coaches/athletes; Pool opens for warm-ups at 7:00am
Swimmers MUST have their coach on deck in order to warm up

WARM-UP SESSION #1

Session is open only to those swimming the 1500m

WARM-UP SESSION #2:

Session is open to all teams; no assigned lanes

Multiple teams to a lane but teams must put all their swimmers in the same lane; Lane limit of 10 swimmers

DIVE WELL:

Dive well is open for general warm-up/warm-down for all swimmers