

LAC Arena Holiday Cup Warm-Up Schedule

*Please note: Feet first entry will be strictly enforced.

- The last 3 lanes in the shallow end of the pool will be open for warm-up and cool-down throughout the meet.
- The ramp may be used to enter and exit the water.
- Swimmers may not jump in from the ramp side of the pool during the meet.
- Swimmers must exit the warm-up and cool down lanes if they are not swimming.

**Saturday & Sunday morning prelims will be very crowded. It is important that all teams follow the schedule below.



Session 1 – Thursday 1650 *POSITIVE CHECK-IN CLOSES 5:20

5:00 – 5:30 Open Warm-ups Both Pools (Feet first entry only)

5:30 – 5:50 POOL A (deep pool): Lanes 1-3 – pace lanes
Lanes 4-8 – starts

POOL B (shallow pool): Lanes 1-5 – general open warm-ups

Lanes 6-8 (closest to windows) – pace lanes

POOL B will remain open during session for warm-up/cool down

Session 2 – Friday 13&Over Prelims *POSITIVE CHECK-IN FOR 400IM CLOSES 9:00 AM

1st Warm-Up 6:30 -7:00 Open Lanes. Feet first entry only.

B1ST	BDA	BHA	CBR	DST	DSTV	DCAA	EST	ECCC	SEA	EAC	EAAC	FSSC	HAC	LAC
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2nd Warm-up 7:00 – 7:30 Open Lanes. Feet first entry only.

GSA	LMOR	MSA	MBK	LIFE	NPAC	PAC	PAY	RAC	SCAY	SSC	SVAC	TVSC	TOPS	TRI	WSY
WEST	WA	RY													

7:30 – 7:50 Starts

POOL A: Lanes 1&2 – pace lanes

Lanes 3-6 – starts

Lanes 7&8 – general warm-up

POOL B: Lanes 1 -6 – starts

Lanes 7&8 – pace lanes

Extra lanes at windows - general warm-up

Session 3 – Friday 12&Under Session

1st Warm-up 12:00 – 12:20 Open Lanes. Feet first entry only.

B1ST	BHA	CBR	DST	DSTV	DCAA	EST	ECCC	EAAC	FSSC	FSA	HAC	LAC	LIFE	PHL
MSA	WSY	WEST	WA	RY										

2nd Warm-up 12:20 – 12:40 Open Lanes. Feet first entry only.

LIFE	PAC	PAY	RAC	SCAY	TVSC	TOPS	TRI	LGAC
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12:40 – 12:55 Starts and sprints ALL LANES WITH BLOCKS BOTH POOLS

Extra lanes near windows – general warm-up

Session 4 – Friday Finals

4:00 – 4:30 Open Warm-ups Feet first entry only

4:30 – 4:50 Starts POOL A (deep pool): Lanes 1&2 – pace lanes
Lanes 3-8 – starts

POOL B (shallow pool): All lanes general warm-up

Session 5 – Saturday 13&Over Prelims *POSITIVE CHECK-IN FOR 500 CLOSES 9:00AM

1st Warm-up 6:25 – 6:50 Open Lanes. Feet first entry only.

PAC	PAY	RAC	SCAY	SSC	SVAC	TVSC	TOPS	TRI	WSY	WEST	WEST	WA	RY	UNATTACHED
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2nd Warm-up 6:50 – 7:15 Open Lanes. Feet first entry only.

EAC	EAAC	FSSC	FSA	GSA	HAC	LAC	LIFE PHL	LMOR	MSA	MBK	LIFE	NPAC	MVTS
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3rd Warm-up 7:15 – 7:40 Open Lanes. Feet first entry only.

B1ST	BDA	BHA	CBR	DST	DSTV	DCAA	EST	ECCC	SEA
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7:40 – 7:55 Starts

POOL A: Lanes 1&2 – pace lanes
Lanes 3-8 – starts

POOL B: Lanes 1 -6 – starts
Lanes 7&8 – pace lanes
Extra lanes at windows - general warm-up

Session 6 – Saturday 12&Under Session *POSITIVE CHECK-IN FOR 500 CLOSES 12:20PM

1st Warm-up 12:00 – 12:20 Open Lanes. Feet first entry only.

LIFE	MVTS	NPAC	PAY	RAC	SCAY	TVSC	TOPS	TRI	LGAC	WSY	WEST	WA	RY
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2nd Warm-up 12:20 – 12:40 Open Lanes. Feet first entry only.

B1ST	BHA	CBR	DST	DSTV	DCAA	EST	ECCC	EAAC	FSSC	FSA	HAC	LAC	LIFE PHL	MSA	PAC
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12:40 – 12:55 Starts and sprints ALL LANES WITH BLOCKS BOTH POOLS

Extra lanes near windows – general warm-up

Session 7 – Saturday Finals

4:00 – 4:30 Open Warm-ups Feet first entry only

4:30 – 4:50 Starts POOL A (deep pool): Lanes 1&2 – pace lanes
Lanes 3-8 – starts

POOL B (shallow pool): All lanes general warm-up

Session 8 – Sunday 13&Over Prelims *POSITIVE CHECK-IN FOR 1000 CLOSES 9:00AM

1st Warm-up 6:25 – 6:50 Open Lanes. Feet first entry only.

PAC	PAY	RAC	SCAY	SSC	SVAC	TVSC	TOPS	TRI	WSY	WEST	WEST	WA	RY	UNATTACHED
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2nd Warm-up 6:50 – 7:15 Open Lanes. Feet first entry only.

B1ST	BDA	BHA	CBR	DST	DSTV	DCAA	EST	ECCC	SEA
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3rd Warm-up 7:15 – 7:40 Open Lanes. Feet first entry only.

EAC	EAAC	FSSC	FSA	GSA	HAC	LAC	LIFE PHL	LMOR	MSA	MBK	LIFE	NPAC	MVTS
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7:40 – 7:55 Starts

POOL A: Lanes 1&2 – pace lanes
Lanes 3-8 – starts

POOL B: Lanes 1 -6 – starts
Lanes 7&8 – pace lanes
Extra lanes at windows - general warm-up

Session 9 – Sunday 12&Under Session

1st Warm-up 12:00 – 12:20 Open Lanes. Feet first entry only.

B1ST	BHA	CBR	DST	DSTV	DCAA	EAC	EST	ECCC	EAAC	FSSC	FSA	HAC	LAC	LIFE PHL
LMOR	MSA													

2nd Warm-up 12:20 – 12:40 Open Lanes. Feet first entry only.

LIFE	MVTS	NPAC	PAC	PAY	RAC	SCAY	TVSC	TOPS	TRI	LGAC	WSY	WEST	WA	RY
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12:40 – 12:55 Starts and sprints ALL LANES WITH BLOCKS BOTH POOLS

Extra lanes near windows – general warm-up

Session 10 – Sunday Finals

4:00 – 4:30 Open Warm-ups Feet first entry only

4:30 – 4:50 Starts POOL A (deep pool): Lanes 1&2 – pace lanes
Lanes 3-8 – starts

POOL B (shallow pool): All lanes general warm-up