

2024 MW Short Course Championships - Warm Up Information

13 and Over Prelim Sessions Warm Up Information:

The pool opens at 6:45 AM for Open warm ups, no assigned lanes.

Pool will be closed 10 minutes prior to the start of competition. Meet start time 8:15 AM

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|--|---|---|
| 6:45 AM (<i>Fri & Sat</i>) 6:30 AM (<i>Sun</i>) | Lanes 0 - 11 | Open for general warm up, No team assigned lanes Sit & Slide entry - No Diving Circle swimming only. |
| 7:30 AM (<i>Fri & Sat</i>) 7:15 AM (<i>Sun</i>) | Lanes 0 & 11 Lanes 1 & 10 Lanes 2 & 9 Lanes 3 & 8 Lanes 4 - 7 | Push Pace One way sprints Return lanes, one direction only One way sprints, if needed upon request of Meet Referee General warm lanes, circle swim only No team assigned lanes Sit & Slide entry - No Diving |
| 8:05 AM (<i>Fri & Sat</i>) 7:50 AM (<i>Sun</i>) | All Lanes | Warm ups Conclude - Pool Closed |

Warmup procedure:

- General warmup, no team assigned lanes
- Sit & slide entry only. Entering in any other manner may result in the disqualification from one or more of the swimmer's events for that session at the discretion of the Meet Referee.
- Swimmers may only dive and sprint during the designated one-way sprint warm up period.
- Backstrokers are to enter the water feet first in rotation.
- No diving over persons in the water.
- Additional sprint lanes may be made available upon request to supervising officials.
- No equipment is to be used during warmups in the competition pool

2024 MW Short Course Championships - Warm Up Information

12 and Under Timed Finals Sessions Warm Up Information:

| 12 & Under - Sessions 2, 5 & 8 | | | | | | | | | | | | | |
|--------------------------------|------|------|----------|------------|------------|-------------|--------------|-------------|------|-------------|------|-----------------------------------|---------------|
| SHALLOW END | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 0 | DIVING END |
| WARM UP 12:00-12:25 | GOAL | GOAL | GOAL | GOAL SO | SO | SO | LSS | LSS SCSC | SCSC | ACE CBSC | ACE | ACE | |
| WARM UP 12:25-12:50 | BT | BT | BT NA | HLA | HLA SST | HUSK KYT | HUSK FAST | MAC LYD | MAC | SWAT | GNST | NYA LIFE HYAC SCH & BARR | |

Warmup procedure:

- Swimmers are to sit & slide entry when entering the water.. Entering in any other manner may result in the disqualification from one or more of the swimmer's events for that session at the discretion of the Meet Referee.
- During sprint starts, swimmers must swim one direction only.
- Coaches must be oversee and be in control of their swimmers in their assigned lanes.

13 & Over Finals Sessions Warm Up Information:

Open warm-up, no assigned lanes, will follow the morning warm up lane procedures.

Pool will be closed 5 minutes prior to the start of Finals competition.

Exact start times are subject to change based upon afternoon session timelines

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|----------------|------------------------------|--|
| 4:30 PM | Lanes 0 - 11 | Open for general warm up, Sit & Slide entry - No Diving Circle swimming only |
| 4:45 PM | Lanes 0 & 11 Lanes 1 & 10 | Push Pace One way sprints |
| 4:55 PM | Lanes 0 & 11 Lanes 1 - 10 | Push Pace One way sprints |
| 5:10 PM | All Lanes | Warm ups Conclude - Pool Closed |