



2022 Ozark Long Course Championships

July 21.22.23.24 2022

Warm-up Assignments

Thursday (4:00 pm Meet Start)

From 3:00-3:35 there will be open warm-ups. From 3:35-3:50 will be the following lane specific warm-ups for all teams:

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
One-way sprints N to S	One-way sprints N to S	Pace	Pace	Pace	Open	Open	One-way sprints S to N

Friday/Saturday/Sunday AM Prelims (13&O) AND PM Finals (11&O) (8:00 am Meet Start)

Warm-up Session 1 (7:00-7:25 am)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CSP/ METS/ TPFY	CSP	CSP	CSP	RPLX	PKWY	PKWY	PKWY/ SALU

Warm-up Session 2 (7:25-7:50 am)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FAST/ HHST	FAST	SEA	SEA/ HEAT	RCA	RSCA	RSCA	RSCA/ LOVE

Friday/Saturday/Sunday afternoon/11-12 Prelims and 10&U Timed Finals (15&O)

(Not before 1:50 pm Meet Start)

Warm-up Session 1 (Not before 12:50-1:15 pm)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LIFE/ TPFY/ HEAT	PKWY	PKWY	PKWY	PKWY	RCA/ HHST	RSCA	RSCA

Warm-up Session 2 (Not before 1:15-1:40 pm)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FAST/ METS	FAST	RPLX	RPLX	SEA	CSP	CSP	CSP