

Gamecock Aquatics November Invitational Warm-up Rules and Timelines

South Carolina Swimming warm-up procedures will be followed.

The Meet Referee will control the opening of pace and start lanes and may reduce or increase the number of lanes depending on demand.

The general pattern for Friday, both prelim sessions, and both afternoon sessions is a period of assigned warm-up followed by a period of controlled warm-up:

- Competition course lanes 1, 2, 9, 10—Pace lanes, from push only.
- Competition course lanes 3, 4, 5, 6, 7, 8—Racing starts from blocks, one way.
- 12 shallow end lanes—Open warm-up

From 12:45 pm to the end of each prelim session, warm-up and cool-down swims will be moved to 5 lanes in diving well so the younger kids can start their warm-ups for the timed finals session.

Finals will have a period of open warm-up followed by a period of controlled warm-up:

- Competition course lanes 1, 2, 9, 10—Pace lanes, from push only.
- Competition course lanes 3, 4, 5, 6, 7, 8—Racing starts from blocks, one way.
- 12 shallow end lanes—Open warm-up

Lane assignments are shown on the following pages.

Warm-up Lane Assignments

Friday PM

Competition Course	10	YOTA	Bulkhead	CA	CA	CA	CA	CA	GKY	GKY	YCSC	YCSC	GAME	GAME	GAME
	9	YOTA													
	8	YOTA													
	7	YOTA													
	6	YOTA													
	5	YOTA													
	4	YOTA													
	3	TIDE													
	2	TIDE													
	1	TIDE													

Saturday AM

Competition Course	10	GAME	Bulkhead	YOTA	YOTA	YOTA	YOTA	YOTA	YOTA	YOTA	YOTA	TIDE	TIDE	TIDE	TIDE
	9	GAME													
	8	YCSC													
	7	YCSC													
	6	GCY													
	5	GCY													
	4	ATOM													
	3	ATOM													
	2	CA													
	1	CA													

+ GAME in diving well

Saturday PM

Competition Course	10		Bulkhead	
	9			CA
	8			CA
	7			CA
	6			CA
	5			CA
	4			TIDE
	3			TIDE
	2			TIDE
	1			YCSC
			YCSC	
			GAME	
			GCY	

Sunday AM

Competition Course	10	CA	Bulkhead	YOTA	YOTA	YOTA	YOTA	YOTA	YOTA	YOTA	YOTA	GCY	GCY	ATOM	ATOM
	9	CA													
	8	CA													
	7	YCSC													
	6	YCSC													
	5	TIDE													
	4	TIDE													
	3	TIDE													
	2	TIDE													
	1	GAME													

+ GAME in diving well

Sunday PM

Competition Course	10	Bulkhead	
	9		
	8		
	7		
	6		
	5		
	4		
	3		
	2		
	1		
		CA	
		CA	
		CA	
		CA	
		CA	
		CA	
		TIDE	
		TIDE	
		YCSC	
		GAME	
		GCY	