

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	GCY	GCY	YCSC	GAME	GAME
	9	YOTA		CA	CA	CA	CA	GCY	GCY	YCSC	GAME	GAME
	8	YOTA		CA	CA	CA	CA	GCY	GCY	YCSC	GAME	GAME
	7	YOTA		CA	CA	CA	CA	GCY	GCY	YCSC	GAME	GAME
	6	YOTA		CA	CA	CA	CA	GCY	GCY	YCSC	GAME	GAME
	5	YOTA		CA	CA	CA	CA	GCY	GCY	YCSC	GAME	GAME
	4	YOTA		CA	CA	CA	CA	GCY	GCY	YCSC	GAME	GAME
	3	TIDE		CA	CA	CA	CA	GCY	GCY	YCSC	GAME	GAME
	2	TIDE		CA	CA	CA	CA	GCY	GCY	YCSC	GAME	GAME
	1	TIDE		CA	CA	CA	CA	GCY	GCY	YCSC	GAME	GAME

Saturday AM

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

+ GAME in diving well

Saturday PM

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

Sunday AM

+ GAME in diving well

Sunday PM