

2026 SC TG Age Group State Championship
Warmup Lane Assignment

THURSDAY

POOL A

4:00 PM to 4:40 PM - Warmup A

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TG	GAME	SVY	FAY						

POOL B

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
HOOS	HOOS	HOOS	HOOS	SMRT	SMRT	SMRT	AAYM	NC	NC

POOL A

4:40 PM to 5:20 PM - Warmup B

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TIDE	CS	H2A	H2A	RAY'S	RAY'S	RAY'S	RAY'S	RAY'S	RAY'S

POOL B

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CA	CA	CA	CA	CA	YSSC	YSSC	YSSC	YSSC	YSSC

2026 SC TG Age Group State Championship

Warmup Lane Assignment

10 & U FINALS

POOL A

Friday: 1:00 PM to 1:40 PM - Warmup

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TG	TG	TG	TG	CA	CA	AAYM	YCSC	YSSC	YSSC

POOL B

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
RAY'S	RAY'S	RAY'S	H2A	CS	NC	CAC	MBR	SVY	TIDE

10 & U FINALS

POOL A

Saturday: 1:00 PM to 1:40 PM - Warmup

Sunday: 1:00 PM to 1:40 PM - Warmup

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TG	TG	TG	SMRT	SMRT	CA	CA	SCSC	YSSC	YSSC

POOL B

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
RAY'S	RAY'S	NC	NC	CS	H2A	CAC	YCSC	HOOS	HOOS

2026 SC TG Age Group State Championship

Warmup Lane Assignment

PRELIMINARIES

POOL A

7:00 AM to 7:40 AM - Warmup A

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SMRT	SMRT	SMRT	SMRT	YSSC	YSSC	YSSC	YSSC	YSSC	CAC UNCL

POOL B

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
RAYS	RAYS	RAYS	RAYS	RAY	TG	TG	TG	TG	TG

FINALS

POOL A

4:00 PM to 4:45 PM - General Warmup

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
General									
Circle									

POOL B

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
General									
Circle									

POOL A

4:45 AM to 5:20 AM - Specifics Warmup

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
Sprint	Sprint	Sprint	Sprint	General	General	General	General	Pace	Pace
One Way	One Way	One Way	One Way	Circle	Circle	Circle	Circle	One Way	One Way

POOL B

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
Pace	Pace	General	General	General	General	Sprint	Sprint	Sprint	Sprint
One Way	One Way	Circle	Circle	Circle	Circle	One Way	One Way	One Way	One Way

- ⇒ General Warmup is feet first circle swimming
- ⇒ Pace is one way from starting blocks
- ⇒ Sprint is one way off of the starting blocks
- ⇒ Open Warmup Session Times Subject to change at the discretion of the meet referee

2026 SC TG Age Group State Championship General / Specific Warmup Procedure

General/Specific Warm-up Procedures (no assigned lanes)

- ⇒ During the General Warm Period all lanes will be allocated to Circle Swimming in all lanes.
- ⇒ The Meet Referee or his designee shall announce the conclusion of General Warm-up and signal the opening of the Specific Warm-up Period.
- ⇒ During the Specific warm-up period, each lane is assigned a function, such as circle swimming, sprint drills with diving, or pace swimming. No swimmers may perform any function other than the function assigned to that lane.
- ⇒ Coaches should assign their swimmers to lanes based on the warm-up style desired for that individual swimmer.
- ⇒ Coaches should work cooperatively to ensure adequate supervision of all lanes and swimmers. Each sprint lane with diving must have one coach per lane or all diving shall be halted
- ⇒ The Meet Referee or his designee shall announce the conclusion of General Warm-up and signal the opening of the Specific Warm-up Period.
- ⇒ Upon the announcement of the Specific Warm-up Period the lanes assigned to "Sprint Drills" and "Pace" shall be cleared. Upon the assignment of at least one coach to supervise lanes for Sprint Drills" and "Pace", then those lanes may open for continued warm-up.
- ⇒ In general, the "Pace" lane(s) should be to one side of the pool and the "Sprint Drill" lanes should be grouped together.
- ⇒ Sprint drills shall consist of one (1) length of the pool ONLY following each start for each swimmer. Following the sprint, the swimmers will exit the pool from the far end and walk back to the starting end. Alternatively, with the concurrence of the Meet Referee or the Safety Marshal, if there is an empty adjacent lane available, the swimmers may return in that lane to the start end.
- ⇒ During sprint drills, no swimmer shall perform a turn nor swim back any distance toward the starting end. A flip turn with an immediate stop is acceptable.
- ⇒ Coaches will supervise all sprint drills making sure adequate distance is allowed between swimmers.
 - ⇒ Coaches will carefully supervise the entry of backstroke swimmers for starts. No one shall be allowed on the starting blocks during the time any swimmer is in the water at the start end or close to the start end. Following an appropriate interval, the coach may signal the next swimmer to mount the starting block.
 - ⇒ Coaches should remain on deck and maintain as much verbal and visual contact possible with their swimmers throughout the warm-up period.
- ⇒ No swimmers may enter the water without a registered "coach of record" on deck supervising the swimmer.
- ⇒ During warm-up there shall be no headfirst diving into the pool unless it is in a lane designated and utilized as Sprint Drill with one-way starts with diving.
- ⇒ During Circle Swimming the swimmers shall enter the pool feet first from the pool deck in a safe, controlled fashion.
- ⇒ No stopping should be allowed during circle swimming except at the ends of the pool.
- ⇒ Marshals, through the Meet Referee, have authority over the entire warm-up period and the entire swimming venue.
 - ⇒ A swimmer and/or coach may be removed from the pool or deck for interfering with the authority of Safety Marshals.
 - ⇒ Any personnel in the swimming venue shall be corrected and warned for any behavior that is not safe.
 - ⇒ With the concurrence of the Meet Referee, flagrant violations involving safety issues may result in the removal of the offender (s) from the pool, deck or swimming venue.
 - ⇒ No running, pushing, or horse play of any kind will be allowed in any location at the swimming venue, including, but not limited to, the pool, deck, locker rooms, showers, hallways or seating gallery.
 - ⇒ No roughness or intimidation will be allowed by swimmer(s) or team(s) to force other swimmers or teams out of a lane.
- ⇒ Any swimmer who is observed to enter the water during General Warm-up period of a sanctioned SCLSC Swim Meet in a manner deemed to be hazardous may be disqualified from their next event by the Safety Marshal or Meet Referee. The swimmer shall be notified of the disqualification at the time of the infraction. No disqualification signal by the official is required for this infraction. Disqualification slips concerning such disqualifications shall be filled out and delivered to the Meet Referee prior to the start of the session.
- ⇒ Information notifying Clubs and Coaches of SCLSC regulations concerning warm-up procedures should be included in meet information packets, should be included in meet information and should be discussed during coaches meetings. However, the absence of notification or discussion of these regulations shall not constitute grounds for relieving swimmers of disqualification.