

## 2026 SC TG Age Group State Championship Warmup Lane Assignment

THURSDAY

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

POOL A

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

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

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

POOL A

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TIDE	CS	H2A	H2A	RAVS	RAVS	RAVS	RAVS	RAVS	RAVS

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 GVST	YCSC FINS	YSSC	YSSC

#### 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	H2A	CS	NC	CAC GAME	MBR SMRT	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 AAYM	YSSC	YSSC

#### POOL B

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
RAYS	RAYS	NC	NC	CS MBR KSA	H2A GVST	CAC GAME	YCSC TIDE SVY	HOOS	HOOS

## 2026 SC TG Age Group State Championship Warmup Lane Assignment

### PRELIMINARIES

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

Pool 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
	RAVS	RAVS	RAVS	RAVS	RAY	TG	TG	TG	TG	TG

#### 7:40 AM to 8:20 AM - Warmup B

Pool A	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
	HOOS	HOOS	HOOS	FAY YCSC GVST	H2A	H2A	CA	CA	CA	TIDE FAST SYS

Pool B	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
	NC	NC	NC	AAYM BYAC	CS	SVY	SVY	GAME FINS	SCSC	SCSC

### FINALS

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

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

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

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