

2025 SOUTH CAROLINA LONG COURSE SENIOR LSC CHAMPIONSHIP

Warm-up Rules and Lane Assignments

South Carolina Swimming warm-up procedures will be followed.

Friday, Saturday, and Sunday preliminary sessions will have two assigned warm-ups (8:15 to 8:45 am and 8:45 to 9:15 am), followed by 25 minutes of controlled warmup with lanes 1 and 10 designated for pace and 2 and 9 designated for starts. Adjustments may be made at the discretion of the Meet Referee.

For Thursday timed finals and Friday, Saturday, and Sunday finals sessions, warmups will be open with the last 30 minutes being controlled warmup with lanes 1 and 10 designated for pace and 2 and 9 designated for starts. Adjustments may be made at the discretion of the Meet Referee.

The diving well lanes will be open for warm-up and cool-down during the meet sessions.

Warm-up times:

Session		Deck Open	Warmups				Session Start	Estimated Session End
			Early	Late	Controlled	End		
1	Thursday Timed Finals	3:15 PM	N/A	3:30 PM	4:30 PM	4:55 PM	5:00 PM	7:40 PM
2	Friday Prelims	8:00 AM	8:15 AM	8:45 AM	9:15 AM	9:40 AM	9:45 AM	12:30 PM
3	Friday Finals	4:30 PM	N/A	4:45 PM	5:30 PM	5:55 PM	6:00 PM	8:15 PM
4	Saturday Prelims	8:00 AM	8:15 AM	8:45 AM	9:15 AM	9:40 AM	9:45 AM	12:15 PM
5	Saturday Finals	4:30 PM	N/A	4:45 PM	5:30 PM	5:55 PM	6:00 PM	8:15 PM
6	Sunday Prelims	8:00 AM	8:15 AM	8:45 AM	9:15 AM	9:40 AM	9:45 AM	12:15 PM
7	Sunday Finals	4:30 PM	N/A	4:45 PM	5:30 PM	5:55 PM	6:00 PM	8:15 PM

Friday Prelims (Session 2):

Warmup A: 8:15 to 8:45 am

Competition Course	10	AAYM/FAST
	9	CA
	8	CA/SMRT
	7	SMRT
	6	CS
	5	TIDE
	4	NC/FAY/MBR
	3	SCSC
	2	YCSC/SVY
	1	CAC/FINS

Diving well: GAME

Warmup B: 8:45 to 9:15 am

10	HOOS
9	HOOS/H2A
8	YSSC
7	YSSC
6	YSSC
5	TG
4	TG
3	RAYS
2	RAYS
1	GAME

Diving well: GAME

Saturday Prelims (Session 4):

Warmup A: 8:15 to 8:45 am

Competition Course	10	HOOS
	9	YSSC
	8	YSSC
	7	YSSC
	6	TG
	5	TG
	4	RAYS
	3	RAYS
	2	RAYS/H2A
	1	GAME

Diving well: GAME

Warmup B: 8:45 to 9:15 am

10	AAYM/FAST
9	CA
8	SMRT
7	SMRT/NC
6	CS
5	TIDE
4	FAY/MBR/YCSC
3	SCSC/SVY
2	CAC/FINS
1	GAME

Diving well: GAME

Sunday Prelims (Session 6):

Warmup A: 8:15 to 8:45 am

Competition Course	10	AAYM
	9	CA
	8	SMRT
	7	SMRT/FAST
	6	CS
	5	TIDE
	4	NC/FAY/MBR
	3	SCSC
	2	YCSC/SVY
	1	CAC/FINS

Diving well: GAME

Warmup B: 8:45 to 9:15 am

10	HOOS
9	HOOS
8	YSSC
7	YSSC
6	TG
5	TG
4	RAYS
3	RAYS
2	H2A
1	GAME

Diving well: GAME