



## 2023 VIRGINIA SWIMMING SC SENIOR CHAMPIONSHIPS

March 2-5, 2023  
SwimRVA-CSAC  
Richmond, VA



### Warm-up Schedule & Instructions

- **Thursday afternoon/evening session:** Warm-ups at 12:30-1:50 pm; competition starts at 2:00 pm in **two courses – Men in EAST pool and Women in WEST pool**. The competition pools will be reserved for swimmers entered into the 1650 Y Freestyle from 1:00 -1:50 pm.
  - All other swimmers must use the warm-up/warm down pool. Specific lanes will be designated upon request (start or pace) by the Meet Referee.
  - Meet Referee has the authority to designate such lanes as needed.
  - **From 1:50 until the conclusion of the 1650s, warm-up/warm-down in the 6-lane instructional pool is reserved for swimmers entered in the 1650 Y Freestyle.**
  - **Competition pools will open for all athletes to warm up and warm down from the conclusion of the 1650s until 6:00PM. Those athletes NOT swimming in the 1650 should plan to warm up in that timeframe.**
  - Coaches desiring pool time after 6:00 pm on Thursday should make arrangements beforehand with the Host Team Coordinator (Adam Kennedy - [adam.kennedy@swimrichmond.org](mailto:adam.kennedy@swimrichmond.org))
- **Friday, Saturday, and Sunday PRELIMS sessions:** Warm-ups 6:30-8:20am; competition starts at 8:30 am.
  - 6:30-7:50 am: All lanes designated for general warm-up.
  - 7:50-8:20 am: Lanes 1 and 8 designated for pace; Lanes 2, 3, 6, and 7 designated for one-way start/sprint; Lanes 4-5 and all other lanes will remain general.
- **FINALS session on FRIDAY:** Warm-ups 4:30-5:35 pm; competition starts at 5:45 pm.
  - 4:30-5:15 pm: All lanes designated for general warm-up for all participants.
  - 5:15-5:35 pm: **Competition pool reserved for finals competitors only.**
  - 5:15-5:35 pm: Lanes 1 and 8 designated for pace; Lanes 2, 3, 6, and 7 designated for one-way start/sprint; Lanes 4-5, and all other lanes will remain general.
- **FINALS session on SATURDAY:** Warm-ups 4:15-5:20 pm; competition starts at 5:45 pm.
  - 4:15-5:00 pm: All lanes designated for general warm-up for all participants.
  - 5:00-5:20 pm: **Competition pool reserved for finals competitors only.**
  - 5:00-5:20 pm: Lanes 1 and 8 designated for pace; Lanes 2, 3, 6, and 7 designated for one-way start/sprint; Lanes 4-5, and all other lanes will remain general.
  - 5:25-5:40 pm: **Graduating Seniors Recognition.**
- **1000 Y Freestyle session:** Warm-ups are planned to begin 45 min prior to the start of the first scheduled heat and will close 5 min prior to the start of the first scheduled 1000 heat.
- **FINALS session on SUNDAY:** Warm-ups at 3:30-4:20 pm; competition starts at 4:30 pm.
  - 3:30-4:00 pm: All lanes designated for general warm-up.
  - 4:00-4:20 pm: **Competition pool reserved for finals competitors only.**
  - 4:00-4:20 pm: Lanes 1 and 8 designated for pace; Lanes 2, 3, 6, and 7 designated for one-way start/sprint; Lanes 4-5, and all other lanes will remain general.
- There will be specific lanes designated for PACE ONLY in the warm-up/cool down lanes.
- **VSI Safety and Warm-up procedures** will be in effect in all pools. Use of training equipment other than snorkels is not permitted.
- The Meet Referee reserves the right to revise lane assignments and other instructions based on the needs of the swimmers.