

2023 VIRGINIA SWIMMING LC SENIOR CHAMPIONSHIPS

JULY 13-16, 2023

LIBERTY UNIVERSITY NATATORIUM

Warm-up Schedule & Instructions

COMPETITION POOL

- All **PRELIMS** sessions: Warm-ups 6:30-8:20 am; **competition starts 8:30 am.**
 - 6:30-7:50 am: All lanes designated for general warm-up
 - 7:50-8:20 am: Lanes 1 and 9 designated for PACE; Lanes 2-3 and 7-8 designated for SPRINT*; all other lanes will remain general.

* On Sunday, Lanes 7-8 SPRINT will be one-way from the TURN END (50 free start).
- **FINALS** sessions on THURSDAY, FRIDAY, and SATURDAY: 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 9 designated for PACE; Lanes 2-3 and 7-8 designated for SPRINT; all other lanes will remain general.
- **FINALS** session on SUNDAY: Warm-ups 3:30-4:20 pm; **competition starts at 4:30 pm.**
 - 3:30-3:55 pm: All lanes designated for general warm-up
 - 4:00-4:20 pm: **Competition pool reserved for finals competitors only.**
 - 3:55-4:20 pm: Lanes 1 and 9 designated for PACE; Lanes 2-3 and 7-8 designated for SPRINT (Lanes 7 - 8 SPRINT will be one-way from the TURN END of the pool); all other lanes will remain general.

DIVING WELL (8 lanes, 25 yards)

- The diving well will be open throughout the warm-up period and during the competition for continuous warm-up and cool down.
- There will be specific lanes designated for PACE ONLY in the warm-up pool.
- **VSI Safety and Warm-up procedures will be in effect in the competition pool and diving well.** Swimmer snorkels are permitted.
- At the conclusion of each preliminary session (including any Time Trials held following prelims on Friday and Saturday), the competition pool and diving well will remain open for cool-down for 15 minutes.
- The pool will re-open for warm-ups one hour prior to the start of 800/1500 timed finals (or Time Trials) on Thursday afternoon. The same will apply Sunday to the extent applicable.
- The Meet Referee reserves the right to revise lane assignments and other instructions based on the needs of the swimmers.