

2025 Long Course Senior Champs

Warm Up Schedule and Instructions

Thursday through Saturday Warm Up

Prelims 6:30am – 8:20am (Competition begins at 8:30am)

Finals 4:30pm – 5:35pm (Competition begins at 5:45pm)

Sunday Warm Up

Prelims 6:30am – 8:20am (Competition begins at 8:30am)

Finals 3:30pm – 4:20pm (Competition begins at 4:30pm)

Lane Designation – Prelims

- 6:30-7:50 am: All lanes designated for general warm-up for all participants (feet first entry)
- 7:50-8:20 am:
 - Lanes 1 and 8 designated for pace
 - Lanes 2, 3, and 6 designated for one-way starts/sprint from start end of the pool
 - Lane 7 is designated for one way starts from the turn end of the pool (50M events)
 - Lanes 4-5 will remain general

Lane Designation – Finals

- Thursday – Saturday
 - 4:30pm – 5:10pm: All lanes designated for general warm-up for all participants (feet first entry)
 - 5:10pm – 5:35pm: Reserved for finals competitors only
 - Lanes 1 and 8 designated for pace
 - Lanes 2, 3, and 6 designated for one-way starts/sprint from start end of the pool
 - Lane 7 is designated for one way starts from the turn end of the pool (50M events)
 - Lanes 4-5 will remain general
- Sunday
 - 3:30pm – 3:55pm: All lanes designated for general warm-up for all participants (feet first entry)
 - 3:55pm – 4:20pm: Reserved for finals competitors only
 - Lanes 1 and 8 designated for pace
 - Lanes 2, 3, and 6 designated for one-way starts/sprint from start end of the pool
 - Lane 7 is designated for one way starts from the turn end of the pool (50M events)
 - Lanes 4-5 will remain general

The Meet Referee reserves the right to revise lane assignments and other instructions based on the needs of the swimmers

Safety

- [Virginia Swimming Safety Warm-up Procedures](#) will be in effect.
- Equipment - Other than snorkels, no other training equipment is permitted during warm-ups which includes, kick boards, pull buoys, paddles, bungee cords, etc. Snorkels ARE permitted.
- During Sprint period – only one way starts/sprints from the start end of the pool will be permitted, with the exception of lane 7, which is limited to starts/sprints from the turn end of the pool.
- No diving is allowed in warm-up/warm-down pool – the separate Warm-up/Warm-down pool is available throughout the meet.