



## Warm-Up Assignments

| AM Warm-up Session A |        |        |        |        |        |        |        |
|----------------------|--------|--------|--------|--------|--------|--------|--------|
| Lane 1               | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
| NJ                   | NJ     | NJ     | NJ     | AD     | VA     | VA     | VA     |

| AM Warm-up Session B |        |        |        |        |        |        |        |
|----------------------|--------|--------|--------|--------|--------|--------|--------|
| Lane 1               | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
| MR                   | MR     | MR     | NE     | NE     | CT     | CT     | CT     |

| AM Warm-up Session C |        |        |        |        |        |        |        |
|----------------------|--------|--------|--------|--------|--------|--------|--------|
| Lane 1               | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
| MA                   | MA     | MA     | NI     | AM     | PV     | PV     | PV     |

| 10 & Under Warm-up Session A |        |        |        |        |        |        |        |
|------------------------------|--------|--------|--------|--------|--------|--------|--------|
| Lane 1                       | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
| CT                           | CT     | MA     | MA     | NE     | NE     | NI/VA  | VA     |

| 10 & Under Warm-up Session B |        |        |        |        |        |        |        |
|------------------------------|--------|--------|--------|--------|--------|--------|--------|
| Lane 1                       | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
| AM/AD                        | MR     | MR     | PV     | PV     | NJ     | NJ     | NJ     |

Use of training equipment, which may include but is not limited to kick boards, pull buoys, paddles, bungee cords, and snorkels, is prohibited during the official warm-up period.



## Warm Up Schedule

### 2025 EZ LC Age Group Championship, August 6-9, 202

**WARM UP SCHEDULE: 11-14 SESSIONS:** Three 25 minutes each session with competition starting at 8:25 am.

#### **Wednesday & Saturday Morning Prelim Sessions**

**Warm up A** – 7:00 – 7:25 am – AD, NJ, VA

**Warm up B** – 7:25 – 7:50 am – CT, MR, NE

**Warm up C** – 7:50 – 8:15 am – AM, MA, NI, PV

**Thursday Prelim Session:** Warm up B followed by Warm up C then Warm up A.

**Warm up B** – 7:00 – 7:25 am – CT, MR, NE

**Warm up C** – 7:25 – 7:50 am – AM, MA, NI, PV

**Warm up A** – 7:50 – 8:15 am – AD, NJ, VA

**Friday Prelim Session:** Warm up C followed by Warm up A then Warm up B

**Warm up C** – 7:00 – 7:25 am – AM, MA, NI, PV

**Warm up A** – 7:25 – 7:50 am – AD, NJ, VA

**Warm up B** – 7:50 – 8:15 am – CT, MR, NE

## **WARM UP SCHEDULE: 10 AND UNDER SESSION: TWO SESSIONS OF 25 minutes**

**Warm up A Teams** – CT, MA, NE, NI, VA

**Warm up B Teams** – AM, AD, MR, PV, NJ

### **Wednesday:**

Warm up A: 12:15 – 12:40 pm

Warm up B: 12:40 – 1:05 pm

Competition Starts at 1:15 pm

### **Thursday:**

Warm up B: 12:00 – 12:25 pm

Warm up A: 12:25 – 12:50 pm

Competition Starts at 1:00 pm

### **Friday:**

Warm up A: 11:45 am– 12:10 pm

Warm up B: 12:10 – 12:35 pm

Competition Starts at 12:45 pm

### **Saturday:**

Warm up B: 12:00 – 12:25 pm

Warm up A: 12:25 – 12:50 pm

Competition Starts at 1:00 pm

10 & Under warm up sessions will begin at the scheduled time or immediately following the completion of the 11 & Over prelims session, whichever is later.

**During all preliminary and timed final warm up sessions, coaches are expected to monitor the lanes and determine how they are used. (ie general, pace, sprint).**

## **All Finals Sessions**

Finals warm up sessions on Wednesday - Friday will start at 4:00 pm or immediately following the completion of the 10 & U session, whichever is later.

On Saturday, warm up will begin at 3:00 pm. Each day the session will last 50 minutes. During the last 25 minutes of warm ups, Lanes 1 and 8 will be pace, Lanes 2 and 7 sprint, and Lanes 3, 4, 5, and 6 General. Referees will open additional lanes for pace or sprint as needed. The competition pool will be cleared at 4:50 pm each day except Saturday when it will be cleared at 3:50 pm.

The Warm up, Cool Down pool will be open for General warm up during all warm up sessions and during competition.