



**2025 VIRGINIA SWIMMING
SC SENIOR CHAMPIONSHIPS**
March 6 – March 9, 2025
SwimRVA-CSAC
Richmond, VA



Warm-up Schedule & Instructions

[updated 3/5/25]

Thursday afternoon/evening session: Warm-ups at 1:30-2:50 pm; competition starts at 3:00 pm in **two courses** – **Men in EAST pool and Women in WEST pool**. The competition pools will be reserved for swimmers entered the 1650 Y Freestyle from 2:00 – 3:50 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 2:50 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 and 800 freestyle relay.**
- **Athletes NOT swimming in the 1650 or 800 freestyle relay should plan to warm-up following the conclusion of the 1650.**
- Coaches desiring pool time after 6:00pm on Thursday should make arrangements beforehand with the Host Team Coordinator (Adam Kennedy – adam.kennedy@swimrichmond.org)

Friday & Saturday 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.

Sunday PRELIMS session: Warm Ups 7:00am – 9:00am; competition starts 9:00am

- 7:00-8:50 am: All lanes designated for general warm-up.
8:20-8:50 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.