



**VSI LC Senior Championships**  
**July 18 to 21, 2024**  
**Hampton Aquaplex**



**Warm Up Schedule & Instructions**

Thursday thru Sunday **PRELIM** session: Warm-ups 6:30 – 8:20am; competition starts 8:30am

\*6:30-7:50am: All lanes designated for general warm-up

\*7:50-8:20am: Lanes 1 and 8 designed for pace; Lanes 2, 3, 6, 7 designed for one-way start/sprint. Lanes 4 – 5 will remain general

Thursday Distance Session: Warm-ups 1:00-1:50pm both pools

Thursday, Friday, Saturday **FINALS** session Warm-ups 4:30pm to 5:35pm; Competition starts 5:45pm

\*4:30-5:15pm: All lanes designated for general warm-up

\*5:15-5:35pm: Competition pool reserved for finals competitors only

\*5:15-5:35pm: Lanes 1 and 8 designated for pace; Lanes 2, 3, 6 and 7 designated for one-way start/sprint; Lanes 4-5 will remain general.

**FINALS** session on **SUNDAY**: Warm-ups 3:30-4:20pm; competition starts 4:30pm

\*3:30-4:00pm: All lanes designated for general warm-up

\*4:00-4:20pm: Competition pool reserved for finals competitors only.

\*4:00-4:20pm: Lanes 1 and 8 designated for pace; Lanes 2, 3, 6 and 7 designated for one-way start/sprint; Lanes 4-5 will remain general.

Sunday Distance Session: Warm-ups 11:15-12:05pm both pools

- VSI Safety and Warm-up procedures will be in effect in both pools. Use of training equipment other than snorkels is not permitted.
- The separate side pool will be open during the warm-up period and during competition for continuous warm up and cool down. There will be specific lanes designated for PACE ONLY
- VSI Safety and Warm-Up Procedures will be in effect in both the competition and side pools.
- At the conclusion of each prelim session including any time trials help following prelims on Fri. and Sat., the competition & side pools will remain open for cool down for 15 minutes.
- The pool will re-open for warm-ups one hour prior to the start of the 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