

2023 YMCA National Long Course Championships Warm-Up Schedule

Tuesday, July 25 – Saturday, July 29

Warm-ups will begin at 7:00 AM and 4:00 PM each day.
"Three-Point Entry" ONLY (No diving except in designated sprint lanes).
Pace lanes and General Warm-Up lanes – in water, "Push Start" only.
No Training equipment in the Competition Pool or Dive Well Pool.

COMPETITION POOL

PRELIMINARIES

7:00 AM – 8:00 AM	General Warm-up	
8:00 AM – 8:45 AM	Lanes 2,7	One Way Sprint
	Lanes 1,8	Circle Pace
	Lanes 3,4,5,6	General Warm-Up
8:45 AM	Clear Pool	Devotion and National Anthem
9:00 AM	Start of Competition	

FINALS

Note: Competition Pool Closes at 5:00 PM every evening (except Tuesday when it closes at 4:50 PM)

4:00 PM – 4:30 PM	General Warm-up	
4:30 PM – 5:00 PM	Lanes 2,7	One Way Sprint
	Lanes 1,8	Circle Pace
	Lanes 3,4,5,6	General Warm-Up
5:00 PM	Clear Pool	Devotion and National Anthem
5:15 PM	Start of Competition	

WARM-UP POOLS (DIVING WELL AND TRAINING POOL)

General warm-up and warm-down is permitted during all sessions
Coaches must monitor swimmers
NO DIVING - Use "Three Point Entry" at all times

Warm-up Schedule is subject to change