

WARM-UP GUIDELINES

NO EQUIPMENT permitted during warm-ups (including kickboards, fins, hand paddles, pull buoys, breathing devices).

COMPETITION POOL

PRELIMS:

7am – 8:15am: General Warm-Up

8:15am: Lane 1 – Pace

Lanes 2, 3, and 8 – One-Way Racing Starts ONLY. Additional lanes will be opened as needed.

8:50am – Pool Closed to Warm-up

FINALS:

4:15pm – 4:50pm: General Warm-Up

4:50pm: Lane 1 – Pace

Lanes 2, 3, and 8 – One-Way Racing Starts ONLY. Additional lanes will be opened as needed.

5:20pm: Pool Closed to Warm-up

*Possible Relay Exchange lanes at warm-up area of competition pool.

****** The Competition Pool will NOT be open for warm up during session breaks.******

WARM-UP POOLS

Open at 7am, and will close 30 mins. following conclusion of session.

Lanes closest to competition pool will be blocked off from use during competition.