



Warm Up Schedule

2013 EZ LC Age Group Championship, August 7-10, 2013

Warm Up Schedule, 13 and Over

Wednesday and Friday Morning – Prelim Session

Warm up A – 6:45 to 7:25 AM – Virginia (lanes 7,8), PVS (lanes 5, 6), Mid Atlantic (lanes 3, 4), Allegheny Mountain (lane 2, share 3 with MA), CT (lane 1)

Warm up B – 7:25 to 8:05 AM – New Jersey (lanes 1,2), NI (lane 3, share lane 4), NE (lane 5, share lane 4), MR (lanes 6, 7), and AD (lane 8).

Thursday and Saturday Morning – Prelim Session: Warm up B goes first (6:45 to 7:25) and Warm up A goes second (7:25 to 8:05)

Warm up Schedule – 12 and Under Session

Wednesday and Friday Afternoon

Not to start before 11:00 AM, with 25 minute warm-up sessions.

Warm up A - New Jersey (lane 1, 2), Metro (lane 3, 4), Conn. (lane 5, share lane 6), New England (Lane 7, share lane 6), and Allegheny Mountain (Lane 8)

Warm up B – Potomac Valley (lane 123), Mid Atlantic (lane 4, 5, and share lane 6), Niagara (share lane 6), Virginia (lane 7, share lane 8) Adirondack (share lane 8).

Thursday and Saturday – Reverse order, with Warm up B starting first.

During these warm up's, coaches are expected to monitor the lanes and determine how they are used. (ie general, pace, sprint).

All Finals Sessions

Finals warm up's not to start before 5:00 PM except Saturday when they will start at 4:30. 50 Minute warm up. First 25 minutes all lanes General Warm-up, Last 25 minutes specific warm up's, Pace, Sprint, General. Initially Ln 1 and 8 Pace, Ln 2 and 7 sprint, Ln 3,4,5,6 General. Referee's will open additional lanes for pace or sprint as needed.

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