

VSI 2005 Long Course Senior Championships Warm-Up Procedures

VSI Meet Safety Procedures are in effect!



- = NO entry or exit allowed
- = Entry allowed (EXCEPT Lane 3 on Sunday during one-way sprints when exit only)
- = No exit allowed; entry allowed during one-way sprint on Sunday
- = NO entry allowed; NO exit allowed EXCEPT when one-way sprint
- ← = Direction of one-way sprints

Morning Warm-ups

6:30 am: All lanes designated general

7:50 am: Lanes 1 & 8 open for pace, lane 2 & 7 open for sprint (lane 3 will also be open for sprint on Sunday from the shallow end), lanes 3-6 remain general (except lane 3 on Sunday)

8:20 am: Warm-ups close

Finals Warm-ups

5:00 pm: All lanes designated general

5:25 pm: Lanes 1 & 8 open for pace, lanes 2 & 7 open for sprint (lane 3 will also be open for sprint on Sunday from the shallow end), lanes 3-6 remain general (except lane 3 on Sunday)

5:50 pm: Warm-ups close

800 M Freestyle (Saturday) & 1500 M Freestyle (Monday)

Will open for general warm-ups 45 min before scheduled start time for each event, and will close 5 min before the start time for each event)

Warm-ups/Warm-downs During Competition

10 min period following every men's individual event.

When open, lanes are designated for general warm-ups only

Marshals will enforce VSI Meet Safety Procedures as well as the facility rules. The Marshals can, with the concurrence of the Referee, remove any person from the venue for failure to adhere to the rules.