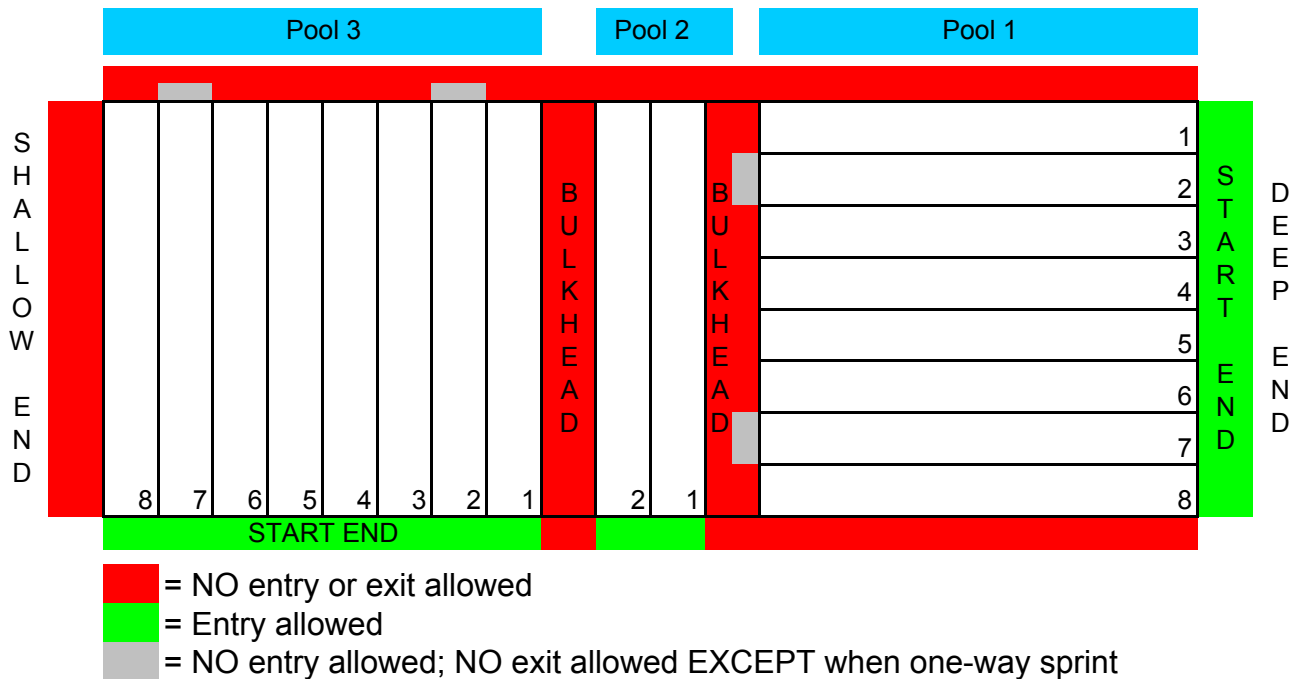


# VSI 2005 Short Course Senior Championships

## Warm-Up Procedures

**VSI Meet Safety Procedures are in effect!**



### Morning Warm-ups (Friday, Saturday, Sunday)

#### **Pools 1 and 3**

6:30 am: All lanes designated general

7:10 am: Lane 1 opens for pace, lane 2 opens for sprint, lanes 3-8 remain general

7:20 am: Lane 8 opens for pace, lane 7 opens for sprint, lanes 3-6 remain general

8:20 am: Warm-ups close

#### **Pool 2**

6:30 - 8:20 am: General warm-ups

### Finals Warm-ups (Friday, Saturday, Sunday)

#### **Pools 1 and 3**

5:00 pm (3:30 pm Sun): All lanes designated general

5:25 pm (3:55 pm Sun): Lanes 1 & 8 open for pace, lanes 2 & 7 open for sprint, lanes 3-6 remain general

5:50 pm (4:20 pm Sun): Warm-ups close

#### **Pool 2**

5:00 - 5:50 (3:30 - 4:20 pm Sun): General warm-ups

### 1000 Y Freestyle (Saturday) & 1650 Y Freestyle (Sunday)

Pools 1, 2, 3

Will open for general warm-ups 45 min before scheduled start time for each event

### Warm-up Pools Available During Trials and Finals

Pool 2: Closed

Pool 3: All lanes general

### Warm-up Pools Available During 1000 Y and 1650 Y Freestyle

Pool 2: Both lanes general

**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.**