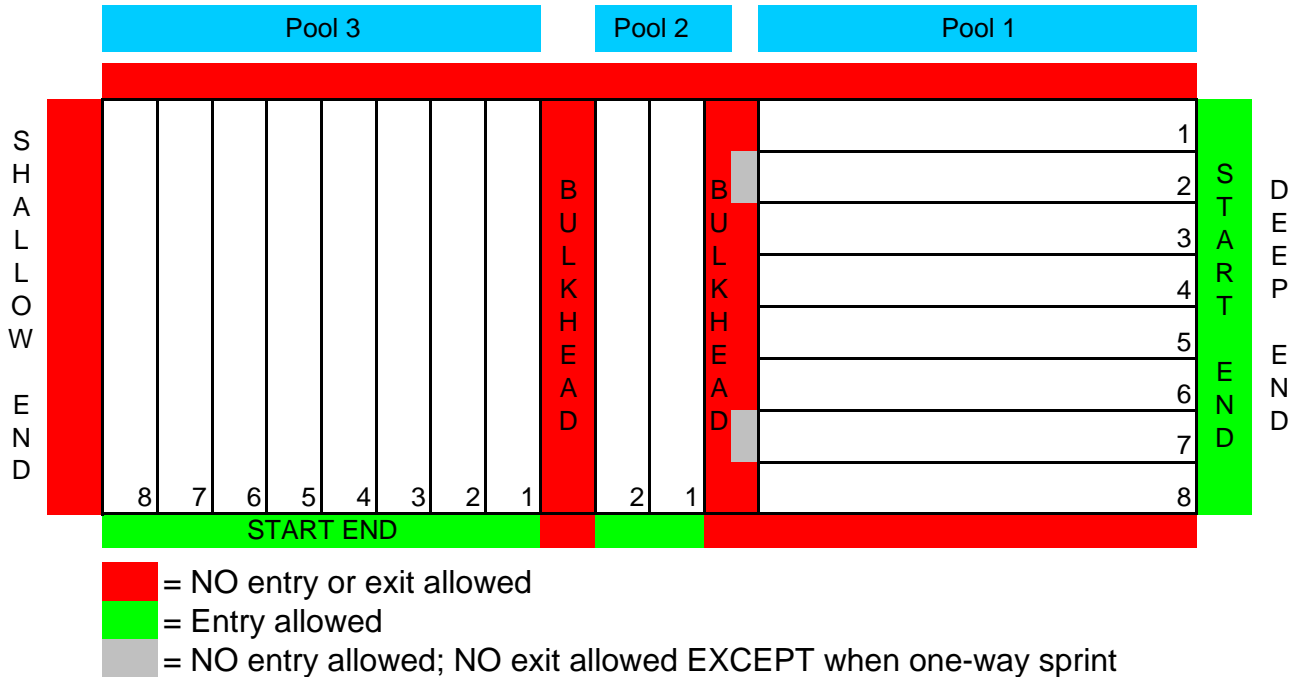


VSI 2006 Short Course Senior Championships

Warm-Up Procedures

VSI Meet Safety Procedures are in effect!



Thursday Evening Session (1650 Y Free & Relays)

Pool 1

6:10 pm: All lanes designated general

6:30 pm: Lanes 1 & 8 open for pace, lanes 2 & 7 opens for sprint, lanes 3-6 remain general

6:50 pm: Warm-ups close

Pools 2 & 3

6:10 - 6:50 pm: General warm-ups

During Competition: Pool 2 open for general

Morning Sessions Warm-up (Friday, Saturday, Sunday)

Pool 1

6:30 am: All lanes designated general

7:50 am: Lanes 1 & 8 open for pace, lanes 2 & 7 open for sprint, lanes 3-6 remain general

8:20 am: Warm-ups close

Pools 2 & 3

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

During Competition: Pool 3 open for general, pool 2 closed

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

Pool 1

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

Pools 2 & 3

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

During Competition: Pool 3 open for general, pool 2 closed

1000 Y Freestyle (Sunday)

Pools 1, 2, & 3

All lanes will open for general warm-ups 45 min before the scheduled start time

During Competition: Pool 2 for general