



WARM-UPS

Thursday afternoon session: Warm-ups at 12:30 – 1:50 pm; competition starts at 2:00 pm.

The competition pool will be reserved for swimmers entered into the 1650 Y freestyle from 1:00-1:50 PM.

Friday, Saturday, Sunday Trials sessions: Warm-ups 6:30-8:20 am; Friday competition starts 8:40 am following the General Meeting at 8:25 am. Saturday and Sunday competition starts at 8:30 am.

- 6:30 – 7:50 am: All lanes designated for general warm-up.
- 7:50 – 8:20 am: Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint; Lanes 3 through 6 and all other lanes will remain general.

Finals sessions on Friday: Warm-ups at 4:30 – 5:35 pm; competition starts at 5:45 pm.

- 4:30 – 5:15 pm: All lanes designated for general warm-up.
- 5:15 – 5:35 pm: Competition pool reserved for finals competitors only. Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint; Lanes 3 through 6 and all other lanes will remain general.

Finals sessions on Saturday: Warm-ups at 4:15 – 5:20 pm; competition starts at 5:45 pm.

- 4:15 – 5:00 pm: All lanes designated for general warm-up for all participants.
- 5:00 – 5:20 pm: Competition pool reserved for finals competitors only. Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint; Lanes 3 through 6 and all other lanes will remain general.
- 5:25 – 5:40 pm: Graduating Seniors Recognition.

Finals session Sunday: Warm-ups at 3:30 – 4:20 pm; competition starts at 4:30 pm.

- 3:30 – 3:55 pm: All lanes designated for general warm-up.
- 4:00 – 4:20 pm: Competition pool reserved for finals competitors only.
- 3:55 – 4:20 pm: Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint; Lanes 3 through 6 and all other lanes will remain general.

1000 Y Freestyle session: Warm-ups are planned to begin 45 min prior to the start of the first scheduled heat at approximately 12:30 pm and will close 5 min prior to the start of the first scheduled heat. Competition to start at approximately 1:20 pm

- There will be specific lanes designated for PACE ONLY in the warm-up/cool down lanes.
- Meet Referee has the right to change lane assignments based on the needs of the swimmers.