

Warm-Ups for Thursday Evening:

3:30-4:30: General Warm-up All lanes including Warm-up/Warm-down Pool

4:30-4:50: Specific Warm-ups:

Pace Lanes- 1,2,7,8

Dive Sprint Lanes- 3,6

General W/U- 4,5

4:50: Competition Pool is Closed

Finals Warm-ups: Fri,Sat-PM

5:00- 5:20- General Warm-up **BOYS** only ***

5:20- 5:40- General Warm-up **GIRLS** only ***

5:40- 5:55- Specific Warm-ups:

Pace Lanes- 1,2,8

Dive Sprints- 3,4,5,6,7

5:55pm: Competition Pool is closed

6:00 pm Meet Start

1650 Warm-ups: Sunday

2:45pm in Warm-up/warm-down pool and will move to Competition pool at completion of the 10 and Under Session. No less than 20 minutes in competition pool prior to start of mile session

Finals Warm-ups: SUNDAY-PM

Not to begin before 5:00pm(timeline looks like 6:00pm)

Immediately following completion of 1650

20 min **BOYS***** then 20 min of **GIRLS*****, 10 minutes of Specifics:

Specific Warm-ups:

Pace Lanes- 1,2,8

Dive Sprints- 3,4,5,6,7

*** please note that Warm-up and Warm-down pool will be open for same gender only during FINALS warm-ups.