

# 2007 Virginia Swimming LC Senior Championships

July 26-29, 2007 Patriot Center George Mason University Fairfax, VA

## Warm-Up Format (Competition Pool)

### Thursday Timed Finals

5:00pm – 5:30pm	Circle Swim: All Lanes
5:30pm – 5:50pm	Pace: Lanes 1 & 8; Sprint: Lanes 2 & 7; Circle Swim: Lanes 3-6
5:50am	Clear Pool

### Friday, Saturday, and Sunday Prelims

6:30am – 7:50am	Circle Swim: All Lanes
7:50am – 8:20am	Pace: Lanes 1 & 8; Sprint: Lanes 2 & 7; Circle Swim: Lanes 3-6
8:20am	Clear Pool

### Thursday, Friday, and Saturday Finals

4:30pm – 4:50pm	Circle Swim: All Lanes
4:50pm – 5:20pm	Pace: Lanes 1 & 8; Sprint: Lanes 2 & 7; Circle Swim: Lanes 3-6
5:20pm	Clear Pool

### Sunday Timed Finals

Conclusion of TTs – 30 mins Prior to Start	Circle swim all lanes
30 mins prior to Start – 10 Mins Prior to Start	Pace: Lanes 1 & 8; Sprint: Lanes 2 & 7 Circle Swim: Lanes 3-6
10 mins Prior to Start	Clear pool

### Sunday Finals

3:30pm – 3:50pm	Circle Swim: All Lanes
3:50pm – 4:20pm	Pace: Lanes 1 & 8; Sprint: Lanes 2 & 7; Circle Swim: Lanes 3-6
4:20pm	Clear Pool

*The separate warm-up pool is always available for continuous circle-swim warmup and cooldown.*