

VSI Short Course Senior Championship
March 8-11-2007
Assigned Warm-Ups for Thursday Evening Session

Please note the deliberate attempt to provide separate warm-up lanes for the 1650 Free and 200 Free Relay swimmers

Pool 1: Main Competition Pool:

4:45 – 5:20 pm: Assigned (as below)
 5:20 – 5:35 pm: Lanes 1, 2, 7, 8 Pace
 Lanes 3 – 6 One way sprint

Lanes	Club(# of swimmers)	Note
1 & 2	PSDN (13)	1650 Swimmers
3	GATR (6) SQST (1) WST (1)	
4	WAC (6) LASO (2)	
5	CGBD (5) QDD (2) OBX (1)	
6	ODAC (5) RAYS (3)	
7	TAC (4) TIDE (3) TCAC (1)	
8	TIDE (12)	

Pool 2: Warm-Up Pool:

(Lanes 1-8 having starting blocks; the two outside lanes (0 & 9) do not have starting blocks)
 4:45 – 5:20 pm: Assigned (as below)
 5:20 – 5:35 pm: Open lanes (for Thursday evening swimmers ONLY), Sprint and Pace in competition pool

Lanes	Club (# of swimmers)	Note
0	WST (12)	Relay Swimmers
1	PSDN (16)	
2	CCA (12)	
3	GATR (16)	
4	WAC (16)	
5	CGBD (16)	
6	ODAC (16)	
7	QDD (16)	
8	RAYS (8), SWAT (4)	
9	TAC (8), TCAC (8),	

Warm-ups During Competition: Lanes 0-3 will be reserved as needed starting at 5:35 pm for swimmers warming up for the 1650. Please give those swimmers the courtesy of using those lanes.

The remainder of the warm-up pool (lanes 4-9) will be available to warm-down, and for warm-ups of those swimmers not swimming Thursday evening.