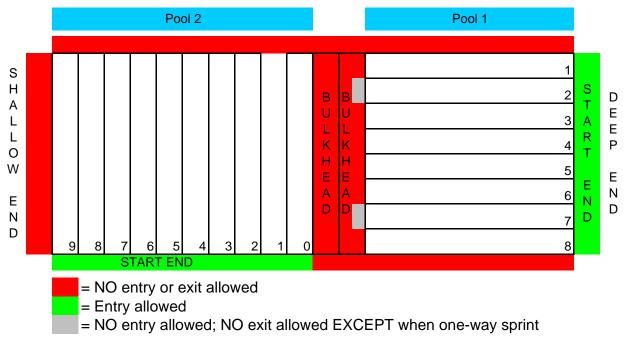
VSI 2007 Short Course Senior Championships Warm-Up Procedures

VSI Meet Safety Procedures are in effect!



Thursday Evening Session (1650 Y Free & Relays) (See Thursday Warm-up sheet for deta *Pool 1*

4:45 pm: Assigned Lanes

5:20 pm: Lanes 1, 2 & 7, 8 open for pace, lanes 3-6 opens for sprint

5:35 pm: Warm-ups close

Pool 2

4:45 pm: Assigned Lanes

5:20 pm: Open for relay Thursday evening swimmers only

5:35 pm: Warm-ups close

During Competition: Pool 2 open for general, lanes 0-3 reserved for 1650 swimmers

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

Pool 2

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

During Competition: Pool open for general

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 c

5:50 pm (4:20 pm Sun): Warm-ups close

Pool 2

5:00 - 5:50 pm (3:30 - 4:20 Sun): General warm-ups **During Competition:** Pool 2 open for general

1000 Y Freestyle (Sunday)

Pools 1 & 2

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

During Competition: Pool 2 for general