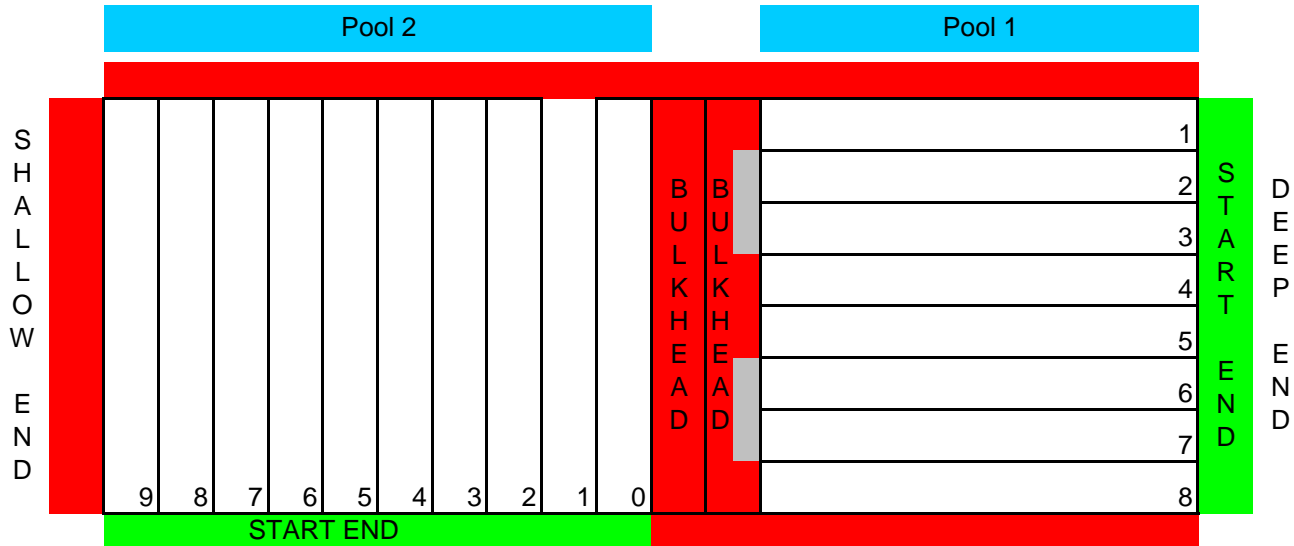


# VSI 2008 Short Course Senior Championships

## Warm-Up Procedures

**VSI Meet Safety Procedures are in effect!**



- = NO entry or exit allowed
- = Entry allowed
- = NO entry allowed; NO exit allowed EXCEPT when one-way sprint

### Thursday Evening Session (1650 Y Free)

#### Pool 1

- 4:45 pm: All lanes designated general
- 5:15 pm: Open for 1650 swimmers only
- 5:35 pm: Warm-ups close

#### Pool 2

- 4:45 pm: All lanes designated general
- 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 2,3,6,7 open for sprint, lanes 4,5 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 2,3,6,7 open for sprint, lanes 4,5 remain general
- 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