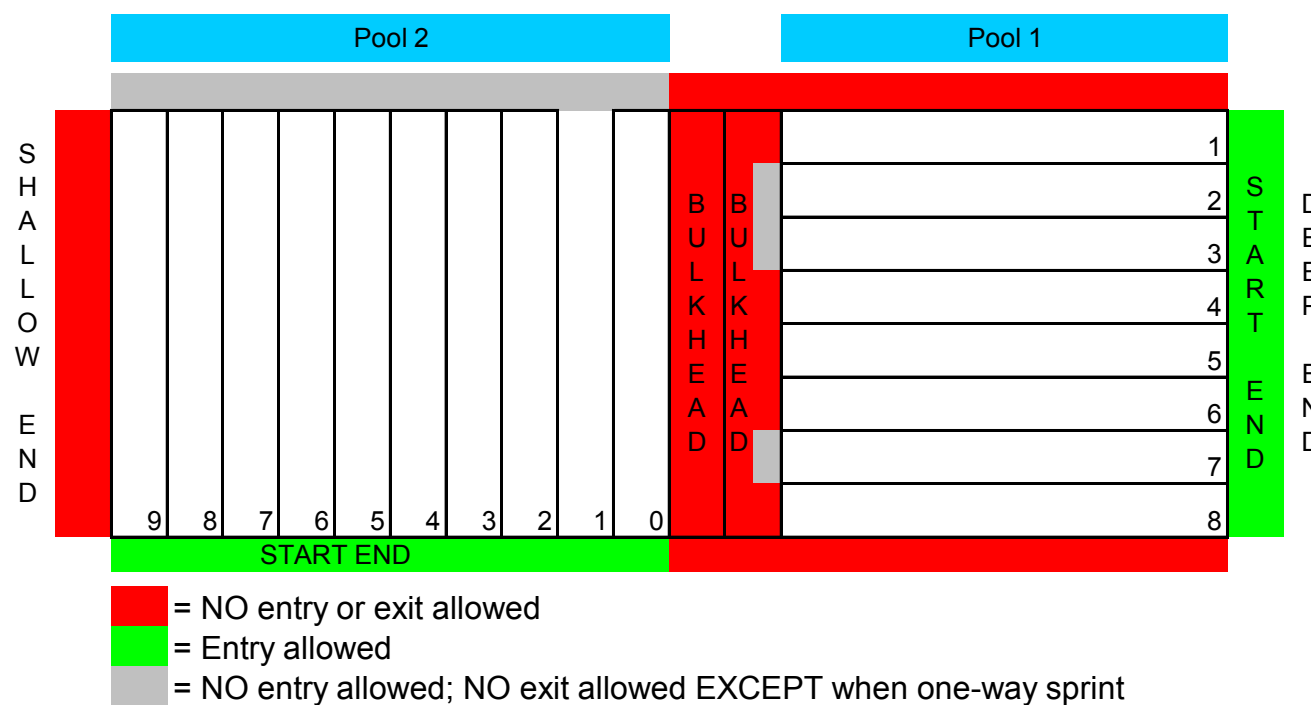


**VSI 2009 Short Course Senior Championships
Warm-Up Procedures**

VSI Meet Safety Procedures are in effect!



Thursday Evening Session (1650 Y Free - See Thursday Warm-up sheet for details)

Pool 1

- 4:45 pm: General Warm-Ups
- 5:15 pm: For swimmers entered in the 1650 Free only
- 5:35 pm: Warm-ups close

Pool 2

- 4:45 pm: General Warm-Ups
- 5:35 pm: Warm-ups close

During Competition: Pool open for general warm-ups except for Lane 0 and 1 are pace only.

Friday and Saturday Morning Session Warm-ups

Pool 1

- 6:30 am: All lanes designated general
- 7:50 am: Lanes 1 & 8 open for pace, lanes 2, 3 & 7 open for sprint, lanes 4-6 remain general
- 8:20 am: Warm-ups close

Pool 2

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

During Competition: Pool open for general warm-ups except for Lane 0 and 1 are pace only.

Friday Finals Sessions Warm-ups

Pool 1

- 5:00 pm: All lanes designated general
- 5:25 pm: Lanes 1 & 8 open for pace, lanes 2, 3 & 7 open for sprint, lanes 4-6 remain general
- 5:50 pm: Warm-ups close

Pool 2

- 5:00 - 5:50 pm: General warm-ups

During Competition: Pool open for general warm-ups except for Lane 0 and 1 are pace only.

Saturday Finals Session Warm-ups

Pool 1

- 4:50 pm: All lanes designated general
- 5:15 pm: Lanes 1 & 8 open for pace, lanes 2, 3 & 7 open for sprint, lanes 4-6 remain general
- 5:40 pm: Warm-ups close

Pool 2

- 4:50 - 5:40 pm: General warm-ups

During Competition: Pool open for general warm-ups except for Lane 0 and 1 are pace only.

Sunday Morning Session Warm-ups

Pool 1

- 7:30 am: All lanes designated general
- 8:50 am: Lanes 1 & 8 open for pace, lanes 2, 3 & 7 open for sprint, lanes 4-6 remain general
- 9:20 am: Warm-ups close

Pool 2

- 7:30 - 9:20 am: General warm-ups

During Competition: Pool open for general warm-ups except for Lane 0 and 1 are pace only.

Sunday Finals Session Warm-ups

Pool 1

- 4:00 pm: All lanes designated general
- 4:25 pm: Lanes 1 & 8 open for pace, lanes 2, 3 & 7 open for sprint, lanes 4-6 remain general
- 4:50 pm: Warm-ups close

Pool 2

- 4:00 - 4:50 pm: General warm-ups

During Competition: Pool open for general warm-ups except for Lane 0 and 1 are pace only.

1000 Y Freestyle (Sunday afternoon)

Pools 1 & 2

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

During Competition: Pool open for general warm-ups except for Lane 0 and 1 are pace only.