

Warm-ups for SC Senior Champs, February 28 – March 3, 2013

Thursday afternoon/evening session: Warm-ups at 3:00-3:50 pm; competition starts at 4:00 pm. The competition pool will be reserved for swimmers entered into the 1650 Y Freestyle from 3:00-3:30 pm. All other swimmers must use the warm-up/warm down pool. No specific lanes will be designated start or pace lanes unless specifically requested to the Meet Referee. Meet Referee has the authority to designate such lanes as need.

Friday, Saturday, Sunday Trials sessions: Warm-ups 6:30 – 8:20 am; competition starts 8:30 am.
6:30 – 7:50 am: All lanes designated for general warm-up
7:50 – 8:20 am: Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint;
Lanes 3 through 6 and all other lanes will remain general.

Finals sessions on Friday & Saturday: Warm-ups at 5:00 – 5:50 pm; competition starts at 6:00 pm.
5:00 – 5:25 pm: All lanes designated for general warm-up
5:25 – 5:50 pm: Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint;
Lanes 3 through 6 and all other lanes will remain general.

Finals session Sunday: Warm-ups at 3:30 –4:20 pm; competition starts at 4:30 pm.
3:30 – 3:55 pm: All lanes designated for general warm-up
3:55 – 4:20 pm: Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint;
Lanes 3 through 6 and all other lanes will remain general.

1000 Y Freestyle session: Warm-ups are planned to begin 45 min prior to the start of the first scheduled heat and will close 5 min prior to the start of the first scheduled heat. There will be specific lanes designated for PACE ONLY in the warm-up/cool down lanes. Meet Referee has the right to change lane assignments based on the needs of the swimmers.