

Warm-up rules

- All swimmers must enter the pool with feet first entries from the starting end of the pool.
- Diving is only permitted during the Sprint period of each warm-up session
- Coaches will monitor warm-ups for their teams.
- Teams will be assigned warm-up sessions and lanes

Warm-up Schedules.

Warm-up Procedures:

- Session #1

- Warm-up 1 – Pace: 6:30 – 6:45 AM – Sprint: 6:45 – 6:50 AM--WESTFIELD
- Warm-up 2 – Pace: 6:50 – 7:05 AM – Sprint: 7:05 – 7:10 AM—GBCY/MCY
- Warm-up 3 – Pace: 7:10 – 7:25 AM – Sprint: 7:25 – 7:30 AM—HCY/MEY

- Session #2.

- Warm-up 1 – Pace: 10:30 – 10:45 AM – Sprint: 10:45 – 10:50AM--WESTFIELD
- Warm-up 2 – Pace: 10:50 – 11:05 AM – Sprint: 11:05 – 11:10 AM—GBCY/HCY
- Warm-up 3 – Pace: 11:10 – 11:25 AM – Sprint: 11:25 – 11:30 AM—
FSPY/MCY/MEY

- Session #3.

- Warm-up 1 – Pace: 2:30 – 2:45 PM – Sprint: 2:45 – 2:50 PM--WESTFIELD
- Warm-up 2 – Pace: 2:50 – 3:05 PM – Sprint: 3:05 – 3:10 PM—MCY/HCY
- Warm-up 3 – Pace: 3:10 – 3:25 PM – Sprint: 3:25 – 3:30 PM--GBCY

All teams will be asked to provide timers at all sessions!