

**VSI 2010 Short Course Senior Championships
Warm-Up Procedures**

VSI Meet Safety Procedures are in effect!



Thursday Evening Session (1650 Y Free)

Pool 1

5:45 pm: All lanes designated general
 6:15 pm: Open for 1650 swimmers only
 6:35 pm: Warm-ups close

Pool 2

5:45 pm: All lanes designated general
During Competition: Pool 2 open for general, lanes 0 closed, 1-3 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 3,4,5,6 remain general
 8:20 am: Warm-ups close

Pool 2

6:30 - 8:20 am: General warm-ups
During Competition: Pool 2 open for general, lanes 0 closed, 1-2 reserved for pace lanes, 3-9 general warm-ups

Finals Sessions Warm-ups (Friday)

Pool 1

5:45 pm: All lanes designated general
 6:10 pm: Lanes 1 & 8 open for pace, lanes 2 & 7 open for sprint, lanes 3,4,5,6 remain general
 6:35 pm: Warm-ups close

Pool 2

5:45 pm-6:35: All lanes designated general
During Competition: Pool 2 open for general, lanes 0 closed, 1-2 reserved for pace lanes, 3-9 general warm-ups

Finals Sessions Warm-ups (Saturday)

Pool 1

4:45 pm: All lanes designated general
 5:10 pm: Lanes 1 & 8 open for pace, lanes 2 & 7 open for sprint, lanes 3,4,5,6 remain general
 5:35 pm: Warm-ups close
 5:40-5:55 pm : Recognition of graduating seniors (Please have Seniors go to hallway by lifeguard room at 5:35 pm)

Pool 2

4:45 pm - - 5:50 pm: General warm-ups
During Competition: Pool 2 open for general, lanes 0 closed, 1-2 reserved for pace lanes, 3-9 general warm-ups

1000 Y Freestyle (Sunday)

Pools 1 & 2

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

Pool 1: Warm-ups close 5 minutes prior to first scheduled heat.

During Competition: Pool 2 open for general, lanes 0 closed, 1-2 reserved for pace lanes, 3-9 general warm-ups

Finals Sessions Warm-ups (Sunday)

Pool 1

3:30 pm All lanes designated for general warm-up
 3:55 pm : Lanes 1 & 8 open for pace, lanes 2 & 7 open for sprint, lanes 3 4,5,6 remain general
 4:20 pm: Warm-ups close

Pool 2

3:30 - 4:20 Sun: General warm-ups
During Competition: Pool 2 open for general, lanes 0 closed, 1-2 reserved for pace lanes, 3-9 general warm-ups

**Morning Trial session start times may be moved forward depending upon the timeline of morning sessions.
 Warm-up start times will not be affected. Final determination will be made by Friday, Feb. 26, 2010**