

Warm-ups

Thursday afternoon/evening session: Warm-ups at 2:30-3:50 pm; competition starts at 4:00 pm.

- 2:30 – 3:20 pm: All lanes designated for general warm-up
- 3:20 – 3:50 pm: Lanes 1, 2 and 8 designated for pace. Lanes 3 through 7 will remain general. Competition pool limited to those swimmers participating in the Thursday evening distance session.

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.
- 800 M 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.