

Warm Up Schedule

Teams may utilize their warm up lanes as they wish for 55 minutes.
 At 1:25 Controlled Warm Up protocols begin. Teams must follow the assigned schedule below.
 Dive Well lanes will be open if a team has athletes that need more space / special assistance.
 Remind swimmers feet first entering the warm up pool at all times other than controlled starts.

Coaches Meeting:
 Warm Ups Begin:
 Controlled Warm Ups:
 Comp Pool Closes:
 Meet Start Time:

Important Info
 12:15pm
 12:30pm
 1:25pm
 1:50pm
 2:00pm

Competition Course

0	1	2	3	4	5	6	7	8	(9)	(10)	11	12	13	14	15	16	17	18	Dive Well	Dive Well
C L O S E D	S A N D A L W O O D	W E S T P O R T	W E S T P O R T	O A K L E A F	O A K L E A F	M A N D A R I N	M A N D A R I N	B U C H H O L T Z	B U C H H O L T Z	N E A S E	N E A S E	N A V A R R E	B A R T R A M	B A R T R A M	A T L A N T I C C O A S T	A T L A N T I C C O A S T	C R E E K S I D E	C R E E K S I D E	O P E N	O P E N
CONTROLLED WARM UP SCHEDULE BEGINS AT 1:25PM																				
C L O S E D	P A C E	S T A R T ↓	S T A R T ↓	C I R C L E	C I R C L E	C I R C L E	C I R C L E	S T A R T ↓	O P E N	O P E N	P A C E	S T A R T ↓	S T A R T ↓	C I R C L E	C I R C L E	C I R C L E	C I R C L E	S T A R T	O P E N	O P E N