



Winter Age Group Championships

Warm Up Schedule and Notes

***** Please Note:** There has been a slight change in the warm up schedule! Morning warm up time will start at 7:30am, 30 minutes earlier than previously scheduled. Afternoon warm up times have not changed.

Thursday, February 21st	<p>There will be limited pool space available for any team from <u>OUT OF TOWN</u> that would like to access the facility.</p> <ul style="list-style-type: none"> - 5 to 6 PM: 4 SCM lanes - 6 to 8 PM: 2 SCM lanes and maybe 1 SCY lanes <p>Please contact CDSC coaches for more information</p>
Blocked Warmups	<ul style="list-style-type: none"> - Due to the number of swimmers, warmup will be done in two blocks of 40 minutes each. - Please refer to your team code (below) in order to know if you are in BLOCK A or BLOCK B
Side Pools	<p>Both the east and west pools will be available for warm up in the morning and afternoon.</p> <p>This will be an additional 10 – 12 lanes of SCY lanes available for general warm up.</p> <p><i>Once the meet starts, only the East pool will be available – NO DIVING at any time in the EAST OR WEST POOLS!!</i></p>
Pace Lanes	<ul style="list-style-type: none"> - During 1st Warm Up Session Pace lanes open from 7:50-8:00am - Lanes 2 & 7 - During 2nd Warm Up Session Pace lanes open from 8:30-8:40am - Lanes 2 & 7
Dive Lanes	<ul style="list-style-type: none"> - Diving will be in lanes 1,4,5, and 8 in one direction only. - Return in lanes 2,3,6 and 7 swimming back one way only. - If we need more time for dives, we will adjust as it is needed. - Again, the SCY lanes will be open throughout, so you may move some of your swimmers in to those pools if needing more time. <p>*** ALL SWIMMERS WILL CLEAR THE POOL 5 MINUTES PRIOR TO THE END OF THEIR WARM UP TIMES.</p>
Bulkheads	<p>There are two bulkheads set up in the pool on each side of the main tank. NO ONE is to swim under the bulkhead at any time or that swimmer may be removed from the meet!</p>



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BLOCK A		BLOCK B
CRKW CDSC CHIN COMOX CONNU HST ISC KCS GATOR KISU LCSC LOSC PSW	PN PGB RAC SFA SPART VKSC WRSC WSC WVOSC WSWSC WGB WLBF WDSC	CHENA DELTA HANEY HYACK KWIC NRST RAPID SKSC SFNV UNBC (VPSC) VPSC UVPCS



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Friday morning:	MAIN TANK: 2 blocks of 40 minutes each:		
	Block A	7:30AM	Warm Up Start
		7:50AM – 8:00AM	Pace Lanes Open - Lanes 2 & 7
		8:00AM – 8:09AM	Diving Start - Dive lanes = 1,4,5,8 - Swim back lanes = 2,3,6,7
		8:09AM	Clear Pool for second Block
	Block B	8:10AM	Warm Up Start
		8:30AM - 8:40AM	Pace Lanes Open - Lanes 2 & 7
		8:40AM – 8:50AM	Diving Start - Dive lanes = 1,4,5,8 - Swim back lanes = 2,3,6,7
		8:50AM	CLEAR POOL

Friday Afternoon:	MAIN TANK: 2 blocks of 40 minutes each:		
	Block A	3:00PM	Warm Up Start
		3:20PM - 3:30 PM	Pace Lanes Open - Lanes 2 & 7
		3:30PM - 3:39PM	Diving Start - Dive lanes = 1,4,5,8 - Swim back lanes = 2,3,6,7
		3:39PM	Clear Pool for second Block
	Block B	3:40PM	Warm Up Start
		4:00PM - 4:10PM	Pace Lanes Open - Lanes 2 & 7
		4:10PM - 4:20PM	Diving Start - Dive lanes = 1,4,5,8 - Swim back lanes = 2,3,6,7
		4:20PM	CLEAR POOL



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Saturday morning:	MAIN TANK: 2 blocks of 40 minutes each:		
	Block B	7:30AM	Warm Up Start
		7:50AM – 8:00AM	Pace Lanes Open - Lanes 2 & 7
		8:00AM – 8:09AM	Diving Start - Dive lanes = 1,4,5,8 - Swim back lanes = 2,3,6,7
		8:09AM	Clear Pool for second Block
	Block A	8:10AM	Warm Up Start
		8:30AM - 8:40AM	Pace Lanes Open - Lanes 2 & 7
		8:40AM – 8:50AM	Diving Start - Dive lanes = 1,4,5,8 - Swim back lanes = 2,3,6,7
		8:50AM	CLEAR POOL

Saturday Afternoon:	MAIN TANK: 2 blocks of 40 minutes each:		
	Block B	3:00PM	Warm Up Start
		3:20PM - 3:30 PM	Pace Lanes Open - Lanes 2 & 7
		3:30PM - 3:39PM	Diving Start - Dive lanes = 1,4,5,8 - Swim back lanes = 2,3,6,7
		3:39PM	Clear Pool for second Block
	Block A	3:40PM	Warm Up Start
		4:00PM - 4:10PM	Pace Lanes Open - Lanes 2 & 7
		4:10PM - 4:20PM	Diving Start - Dive lanes = 1,4,5,8 - Swim back lanes = 2,3,6,7
		4:20PM	CLEAR POOL



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Sunday morning:	MAIN TANK: 2 blocks of 40 minutes each:		
	Block A	7:30AM	Warm Up Start
		7:50AM – 8:00AM	Pace Lanes Open - Lanes 2 & 7
		8:00AM – 8:09AM	Diving Start - Dive lanes = 1,4,5,8 - Swim back lanes = 2,3,6,7
		8:09AM	Clear Pool for second Block
	Block B	8:10AM	Warm Up Start
		8:30AM - 8:40AM	Pace Lanes Open - Lanes 2 & 7
		8:40AM – 8:50AM	Diving Start - Dive lanes = 1,4,5,8 - Swim back lanes = 2,3,6,7
		8:50AM	CLEAR POOL