

Swimming Timeline and Warmup Assignments

Thursday:	<u>January 29</u>	Warmup:	3:00 – 4:45
		Clear Pool:	4:45
		National Anthem:	5:00
Friday:	<u>January 30</u>	Warmup:	3:30 – 5:15
		Clear Pool:	5:15
		National Anthem:	5:30
Saturday:	<u>January 31</u>	Warmup:	1:00 – 2:45
		Clear Pool:	2:45
		National Anthem:	3:00

Recognitions: Seniors + All-Academic: After Boy's 50 Free (during prelims)

Breaks:

<i>Prelims</i>	10 min (competition pool open) after recognitions 3 min (competition pool closed) where event is automatic final
<i>Finals</i>	10 minute (competition pool open) after awards presentation following Boy's 50 Freestyle and Boy's 100 Breaststroke

Warmup Lanes:

<u>Competition Pool</u>	<u>School</u>
Lane 1	Elkins
Lane 2	Austin
Lane 3	Clements
Lane 4	Hightower
Lane 5	Marshall/Bush
Lane 6	Kempner
Lane 7	Travis
Lane 8	Dulles

Warmup lanes will be available during the entire meet – No diving without coach's supervision

Each team is responsible for their own warmup procedures. Safety during entry and diving are to be of the utmost concern. No team may warmup without the coach on the deck in a supervisory role.