

# WARM-UP SCHEDULE

PVS Short Course Senior and Junior Championships  
March 8-11, 2012

## **Warm-up schedule for Thursday will be as follows:**

4:30-5:00 pm: All lanes are general warm-up

5:00-5:30 pm: Lanes 1 and 8 are designated for pace;  
Lanes 2 and 7 are designated for sprint;  
Lanes 3 through 6 will remain general warm-up

## **Warm-up schedule for Preliminaries Sessions will be as follows:**

6:30-7:20 am: All lanes are general warm-up

7:20-7:50 am: Lanes 1 and 8 are designated for pace;  
Lanes 2 and 7 are designated for sprint;  
Lanes 3 through 6 will remain general warm-up

## **Warm-up for the Finals Sessions will be as follows:**

4:10-5:00 pm: All lanes are general warm-up

5:00-5:30 pm: Lanes 1 and 8 are designated for pace;  
Lanes 2 and 7 are designated for sprint;  
Lanes 3 through 6 will remain general warm-up

During the meet there will be continuous warm-up/cool-down lanes. Marshals will be assigned to monitor these areas. If at any time conditions become unsafe, the area will be closed for the remainder of the session.