



PVS Championship Series- WAVE I Warm-up Structure

The following will be the warm-up structure for both sessions of all 3 days of WAVE I
Swimmers must have masks on at all times unless they are swimming.

Girls

8:00-8:40 a.m. General open warm-up- no more than 5 swimmers in one lane

Please stay spaced apart. Maybe even start at opposite sides.

8:40-8:50 a.m. Specific Warm up

Lane 1- Pace

Lanes 2,4,6,8- One way Sprints

Lanes 3,5,7,9- return swim back to blocks- please don't do walk-arounds.

While the swimmers are waiting to do a start, they need to have a mask on

Lanes 10- Pace

Boys

11:00-11:40 a.m. General open warm-up- no more than 5 swimmers in one lane

Please stay spaced apart. Maybe even start at opposite sides.

11:40-11:50 a.m. Specific warm up


Lane 1- Pace

Lanes 2,4,6,8- One way Sprints

Lanes 3,5,7,9- return swim back to blocks- please don't do walk-arounds.

While the swimmers are waiting to do a start, they need to have a mask on

Lanes 10- Pace

 On Friday and Sunday, a pace lane will be designated in the warm down pool throughout prelims



POTOMAC VALLEY SWIMMING
2021 SC Championship Series

