

**LONG COURSE
CONNECTICUT SENIOR CHAMPIONSHIP
WARM-UP SCHEDULE**

THURSDAY WARM-UP

PLEASE BE REMINDED that the 4:15-4:55p warm-up is for swimmers in the men's 800 and women's 1500 freestyle only. 800 Relay swimmers can warm-up from 3:00-4:15p only and during the break before the relay.

Warm-up Session I - All lanes - General 3:00-4:15pm

Warm-up Session II - 4:15-4:55pm - Details Below

Start - 5:00pm

SESSION II WARM-UP

	1	2	3	4	5	6	7	8
	PACE	PACE	CIRCLE	CIRCLE	SPRINT	CIRCLE	PACE	PACE

FRIDAY-SUNDAY PRELIMS WARM-UP

Warm-up Session I - All Lanes - General 6:30-8:10am

Warm-up Session II - 8:10-8:25am - Details Below

Start - 8:30am

SESSION II WARM-UP

	1	2	3	4	5	6	7	8
	PACE	CIRCLE	SPRINT	SPRINT	SPRINT	CIRCLE	CIRCLE	PACE

FRIDAY-SUNDAY FINALS WARM-UP

Warm-up Session I - All lanes - General 3:30-4:40pm

Warm-up Session II - 4:40-4:55pm - Details Below

Start - 5:00pm

SESSION II WARM-UP

	1	2	3	4	5	6	7	8
	PACE	CIRCLE	SPRINT	SPRINT	SPRINT	CIRCLE	CIRCLE	PACE

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