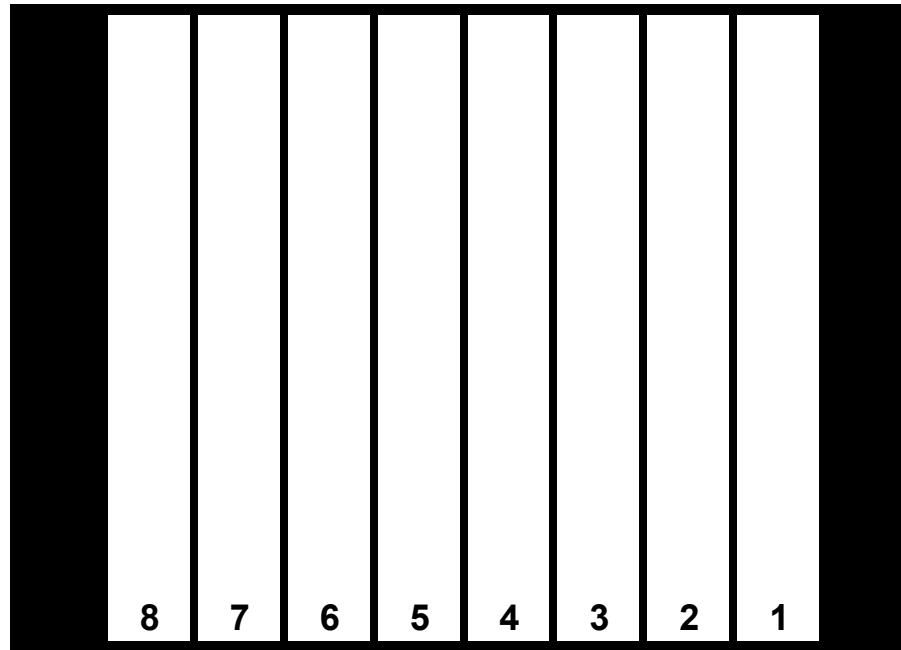


# 2019 Long Course Senior Championships

## Warm-Ups - All sessions



### General Warm Up Schedule

### Specific Warm Up Schedule

Trials Thursday - Sunday  
 Thur & Sun Distance  
 Finals Thursday - Sunday

6:30-8:00am  
 12:15-12:40pm\*  
 3:45-4:30pm

8:00-8:25am  
 12:40-12:55pm  
 4:30-4:55pm

### Specific Warm Up - All Sessions

Lanes 1 and 8 as pace  
 Lanes 2, 3, and 7 will be one way sprints.  
 Lanes 4,5, and 6 will be circle swim.  
 (Additional oneway sprint lanes or pace lanes may be opened if the need requires)  
 \* time is scheduled to change based on scatches