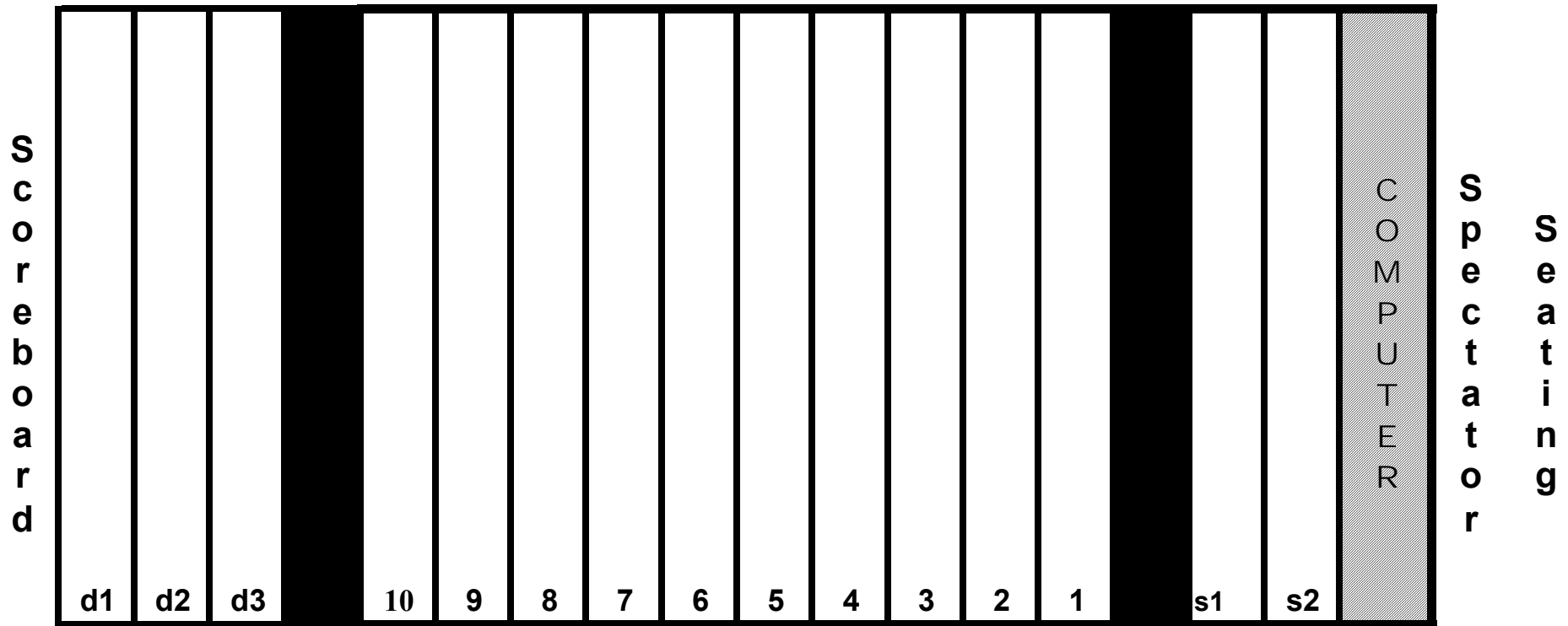


2020 Short Course Senior Championships

Warm-Ups - All sessions



General Warm Up Schedule

Thursday Evening
 Trials Friday - Sunday
 Sunday Distance*
 Finals Friday - Sunday

3:30-4:30pm
 7:00-8:30am
 1:00-1:30pm **Subject to change**
 3:45-4:30pm

Specific Warm Up Schedule

4:30-4:55pm
 8:30-8:55am
 1:30-1:55pm
 4:30-4:55pm

Specific Warm Up - All Sessions

Lanes 1, 2, 9 and 10 as pace
 Lanes 3, 4, 7 and 8 will be one way sprints.
 All other lanes will be circle swim.