

2023 Senior Spring Invite Warm Up Schedule

THURSDAY

COMPETITION POOL

Time/Lane	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
4:30-5:10pm	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE
5:10-5:25pm	PACE	One Way SPRINTS	One Way SPRINTS	One Way SPRINTS	PACE	PACE

WARM-UP POOL

Time/Lane	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
4:30-5:10pm	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE
5:10-5:25pm	PACE	CIRCLE	CIRCLE	CIRCLE	CIRCLE	PACE

FRI/SAT/SUN PRELIMS

COMPETITION POOL

Time/Lane	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7:00-8:15am	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE
8:15-8:40am	PACE	One Way SPRINTS	One Way SPRINTS	One Way SPRINTS	One Way SPRINTS	PACE

WARM-UP POOL

Time/Lane	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7:00-8:15am	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE
8:15-8:40am	PACE	CIRCLE	CIRCLE	CIRCLE	CIRCLE	PACE

FRI/SAT/SUN FINALS

COMPETITION POOL

Time/Lane	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
3:45-4:30pm	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE
4:30-4:55pm	PACE	One Way SPRINTS	One Way SPRINTS	One Way SPRINTS	One Way SPRINTS	PACE

WARM-UP POOL

Time/Lane	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
3:45-5:00pm	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE

SUN DISTANCE

COMPETITION POOL

Time/Lane	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
~10:15- 10:40am	PACE	CIRCLE	CIRCLE	CIRCLE	CIRCLE	PACE