



# CT SWIMMING LC SENIOR CHAMPIONSHIPS

WESLEYAN UNIVERISTY

JULY 10-14, 2025

## PRELIMS WARM UP

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:30-7:45 AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
7:45-8:30 AM	PACE	SPRINT	CIRCLE	CIRCLE	CIRCLE	CIRCLE	SPRINT	PACE

## FINALS WARM UP

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
3:30-4:30 PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
4:30-5:00 PM	PACE	SPRINT	SPRINT	CIRCLE	CIRCLE	SPRINT	SPRINT	PACE



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### DISTANCE SESSIONS

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
10 MINUTES AFTER END OF AM SESSION	PACE	OPEN	OPEN	OPEN	OPEN	OPEN	SPRINT	PACE
DURATION OF DISTANCE SESSION	RACE	RACE	RACE	RACE	RACE	RACE	LANE CLOSED	OPEN WARM UP*

**\*The warm up lane is exclusively for swimmers participating in the distance events.**