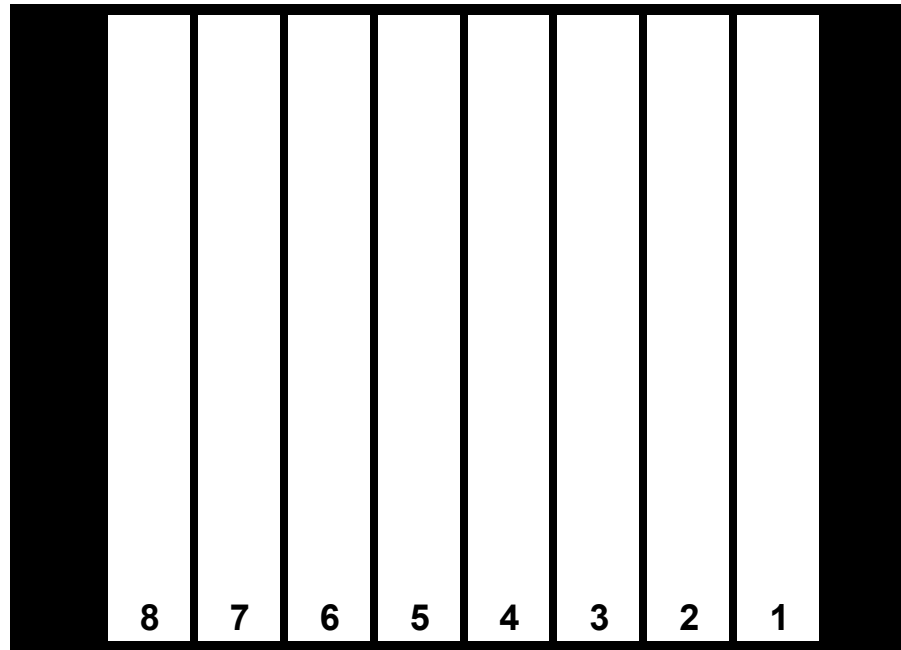


2018 Long Course Senior Championships

Warm-Ups - All sessions



General Warm Up Schedule

Specific Warm Up Schedule

Trials Thursday - Sunday
 Sunday Distance
 Finals Thursday - Sunday

7:00-8:30am
 12:00-12:25pm*
 4:00-4:45pm

8:30-8:55am
 12:25-12:40pm
 4:45-5:10pm

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)

* start time is scheduled to change

Specific Warm Up - All Session