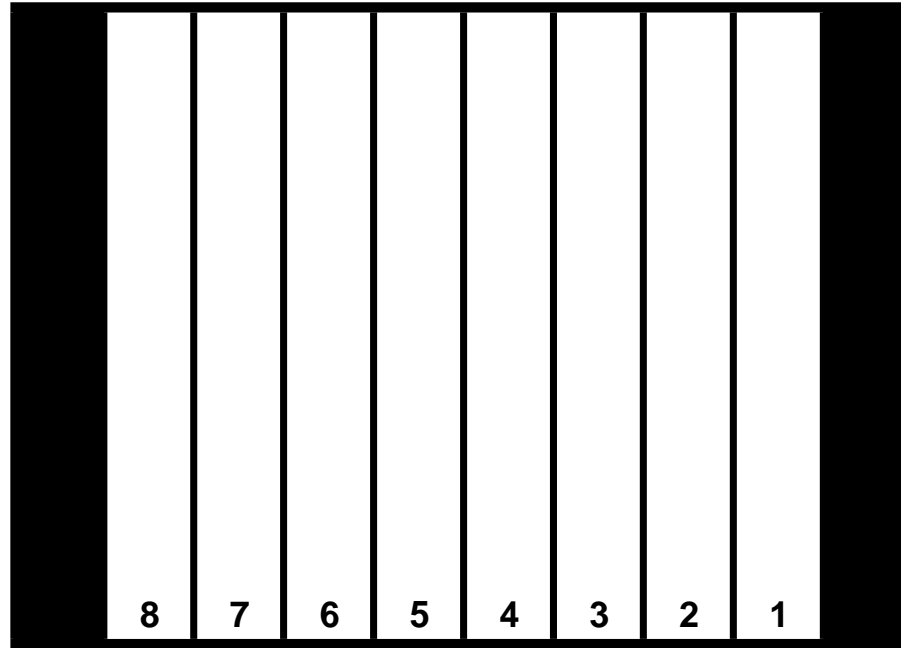


2020 Long Course Senior Invite

Warm-Ups - All sessions



General Warm Up Schedule

Specific Warm Up Schedule

Thursday Distance

3:00pm

4:30-4:55pm

Trials Friday - Sunday

7:00-8:30am

8:30-8:55am

Sunday Distance

10:15-10:45pm*

Finals Friday - Sunday

3:45-4:30pm

4:30-4:55pm

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**