



## Warm Up Schedule

### 2021 EZ LC Age Group Championship, August 4-7, 2021

**WARM UP SCHEDULE: 11-14 SESSIONS: 30 minutes each session**

**Wednesday and Friday Morning – Prelim Session**

**Warm up A – 7:00 – 7:30 am – AD, AM, MA, ME, NJ, PV**

**Warm up B – 7:35 – 8:05 am – CT, MR, NE, NI, VA**

**Thursday and Saturday Morning – Prelim Session: Reverse order, with Warm up B starting first.** Warm up B (7:00 to 7:30) and Warm up A (7:35 to 8:05)

**Warm up B – 7:00 – 7:30 am – CT, MR, NE, NI, VA**

**Warm up A – 7:35 – 8:05 am – AD, AM, MA, ME, NJ, PV**

**WARM UP SCHEDULE: 10 AND UNDER SESSION: SINGLE SESSION OF 25 minutes**

**Wednesday: 12:40 – 1:05 pm; Competition Starts at 1:15 pm**

**Thursday – Saturday: 12:25 – 12:50 pm; Competition starts at 1:00 pm**

**During all preliminary warm up sessions, coaches are expected to monitor the lanes and determine how they are used. (ie general, pace, sprint).**

## All Finals Sessions

Finals warm up session will start at 4:00 PM or immediately following the completion of the 12 & U session, whichever is later. The warm up session will last 50 minutes. During the last 25 minutes of warm ups, Lanes 1 and 8 will be pace, Lanes 2 and 7 sprint, and Lanes 3, 4, 5, and 6 General. Referees will open additional lanes for pace or sprint as needed. The competition pool will be cleared at 4:50 pm.

The Warm up, Cool Down pool will be open for General warm up during all warm up sessions and during competition.

### Warm-Up Schedule

AM Warm-up Session A							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PV	PV	NJ	NJ & MA	MA	AM & ME	AM	AD

AM Warm-up Session B							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
VA	VA	CT & NI	CT	MR	MR	NE	NE

10 & Under Warm-ups							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PV	VA	CT	NE & AD	AM & NI	MA	NJ	MR