



## Warm-Up Schedule

### AM Warm-up Session A

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NE	NE	NJ	NJ	NJ & VA	VA	VA	VA

### AM Warm-up Session B

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PV	PV	PV	PV	AM	AM & MR	MR	MR

### AM Warm-up Session C

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
MA	MA	MA	MA	CT	CT	NI	AD & ME

### 10 & Under Warm-ups

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PV	VA	CT	MA	NJ & ME	MR	AD & NE	NI & AM

**See following pages for daily warm-up times.**



# Warm Up Schedule

## 2023 EZ LC Age Group Championship, August 2-5, 2023

**WARM UP SCHEDULE: 11-14 SESSIONS:** Three 25 minutes each session with competition starting at 8:25 am.

### **Wednesday & Saturday Morning Prelim Sessions**

**Warm up A** – 7:00 – 7:25 am – NE, NJ, VA

**Warm up B** – 7:25 – 7:50 am – PV, MR, AM

**Warm up C** – 7:50 – 8:15 am – AD, CT, MA, ME, NI

**Thursday Prelim Session:** Warm up B followed by Warm up C then Warm up A.

**Warm up B** – 7:00 – 7:30 am – PV, MR, AM

**Warm up C** – 7:25 – 7:50 am – AD, CT, MA, ME, NI

**Warm up A** – 7:50 – 8:15 am – NE, NJ, VA

**Friday Prelim Session:** Warm up C followed by Warm up A then Warm up B

**Warm up C** – 7:00 – 7:30 am – AD, CT, MA, ME, NI

**Warm up A** – 7:25 – 7:50 am – NE, NJ, VA

**Warm up B** – 7:50 – 8:15 am – PV, MR, AM

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

**Wednesday - Friday: 12:30 – 12:55 pm; Competition Starts at 1:00 pm**

**Saturday: 1:30 – 1:55 pm; Competition starts at 2:00 pm**

**10 & Under warm up sessions will begin at the scheduled time or immediately following the completion of the 11 & Over prelims session, whichever is later.**

**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 on Wednesday – Friday will start at 4:00 pm or immediately following the completion of the 12 & U session, whichever is later. On Saturday they will start at 3:00 pm. 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.**