

Winter Regional Championships 2017 - Warm Up Schedule

Session 1		Lane 0	Lane 1	Lane 2	Lanes 3-7	Lane 8	Lane 9
Mens	8:00-8:15am	All Lanes Continuous Swim					
	8:15-8:25am	Sprint Lane	Sprint Lane	One Way Only	Continuous Swim Lanes 3-7	Sprint Lane	Sprint Lane
Womens	8:25-8:40am	All Lanes Continuous Swim					
	8:40-8:50am	Sprint Lane	Sprint Lane	One Way Only	Continuous Swim Lanes 3-7	Sprint Lane	Sprint Lane

Session 2		Lane 0	Lane 1	Lane 2	Lanes 3-7	Lane 8	Lane 9
Womens	1:00-1:15pm	All Lanes Continuous Swim					
	1:15-1:25pm	Sprint Lane	Sprint Lane	One Way Only	Continuous Swim Lanes 3-7	Sprint Lane	Sprint Lane
Mens	1:25-1:40pm	All Lanes Continuous Swim					
	1:40-1:50pm	Sprint Lane	Sprint Lane	One Way Only	Continuous Swim Lanes 3-7	Sprint Lane	Sprint Lane

Session 3		Lane 0	Lane 1	Lane 2	Lanes 3-7	Lane 8	Lane 9
Womens	8:00-8:15am	All Lanes Continuous Swim					
	8:15-8:25am	Sprint Lane	Sprint Lane	One Way Only	Continuous Swim Lanes 3-7	Sprint Lane	Sprint Lane
Mens	8:25-8:40am	All Lanes Continuous Swim					
	8:40-8:50am	Sprint Lane	Sprint Lane	One Way Only	Continuous Swim Lanes 3-7	Sprint Lane	Sprint Lane

Session 4		Lane 0	Lane 1	Lane 2	Lanes 3-7	Lane 8	Lane 9
Mens	1:00-1:15pm	All Lanes Continuous Swim					
	1:15-1:25pm	Sprint Lane	Sprint Lane	One Way Only	Continuous Swim Lanes 3-7	Sprint Lane	Sprint Lane
Womens	1:25-1:40pm	All Lanes Continuous Swim					
	1:40-1:50pm	Sprint Lane	Sprint Lane	One Way Only	Continuous Swim Lanes 3-7	Sprint Lane	Sprint Lane

"Sprint Lane" = 15m Starts from Window End, 25m Starts from Scoreboard End (No 25m Starts from Window End!)

"One Way Only" = Dive or Push Starts from Scoreboard End Only (Eg. Pace 50's)

If Backstroke Event in Session, Ledges to be in Lane 0 and 1 at Scoreboard End

