

Please distribute to coaches

INDIVIDUAL ALL-STARS WARM UP PROCEDURES

- **8:00-8:25 General Warm ups** (Breaststroke is the first event)
 - Lanes 1 – 4 13 and over age groups
 - Lanes 5 - 8 12 and under age groups
 - **All swimmers must enter the pool feet first.** Swimmers may circle swim or exit at the turning end and walk back to the starting end of the pool.
- **8:15-8:25 Lanes 4 and 5 become sprint lanes.** Diving will be permitted. All swimmers must exit at the turning end of the pool.
- TEN MINUTE WARM UPS FOR INDIVIDUAL STROKES---PRACTICE IS FOR NEXT EVENT **ONLY**.
 - LANES 1 & 2 15-18 Age Group
 - Lane 3 13-14 Age Group
 - LANE 6 11-12 Age Group
 - LANE 7 9-10 Age Group
 - LANE 8 8 and under Age Group
- **All swimmers must enter the pool feet first.** Swimmers may circle swim or exit at the turning end and walk back to the starting end of the pool.
- Lanes 4 and 5 sprint lanes for all ages. Diving is permitted in these lanes. All swimmers must exit at the turning end of pool.

The number of coaches allowed on deck during warm ups will be limited to one coach per team per end.