

Please distribute to coaches

INDIVIDUAL ALL STARS WARM UP PROCEDURES

- 8:00-8:25 GENERAL WARM UPS (FREESTYLE IS THE FIRST EVENT)

LANES 1 - 3 13 AND OVER AGE GROUPS

LANES 4 - 6 12 AND UNDER AGE GROUPS

ALL SWIMMERS MUST ENTER THE POOL **FEET FIRST** DURING GENERAL WARM UP. SWIMMERS MUST EXIT AT THE TURNING END AND WALK BACK TO THE STARTING END OF THE POOL DURING SPRINTS.

- TEN-MINUTE WARM UPS FOR INDIVIDUAL STROKES. PRACTICE IS FOR NEXT EVENT ONLY.

LANE 1 8 AND UNDER AGE GROUP

LANE 2 9-10 AGE GROUP

LANE 3 11-12 AGE GROUP

LANE 4 13-14 AGE GROUP

LANE 5 SPRINT LANE

LANE 6 15-18 AGE GROUP

FOR LANES 1 THROUGH 4 AND LANE 6, ALL SWIMMERS MUST ENTER THE POOL **FEET FIRST**. DIVING **WILL ONLY** BE PERMITTED IN LANE 5

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