

Participant Information

Please note: All of the times listed are approximate times. The schedule is tentative depending on if the pools are running ahead of or behind schedule.

Saturday, March 25

- 7:30 a.m. Aquatic Center Doors Open – access granted to lobby and spectator seating
- 7:50 a.m. Access granted to pool deck for swimmers and coaches
- 8:00 a.m. Morning session warm-ups begin
- 9:00 a.m. Sessions 1 and 2 begin
- 10:35 a.m. Approximate time boys pool (West) ends morning session
- 11:25 a.m. Approximate time girls pool (East) ends morning session
- 5:55 p.m. Approximate time girls pool (West) ends afternoon session
- 4:20 p.m. Approximate time boys pool (East) ends afternoon session

Sunday, March 26

- 7:30 a.m. Aquatic Center Doors open – access granted to lobby and spectator seating.
- 7:50 a.m. Access also granted to pool deck for swimmers and coaches
- 8:00 a.m. Morning session warm-ups begin
- 9:00 a.m. Sessions 5 and 6 begin
- 10:00 a.m. Approximate time boys pool (East) ends morning session
- 10:40 a.m. Approximate time girls pool (West) ends morning session
- 3:00 p.m. Approximate time girls pool (East) ends afternoon session
- 2:10 p.m. Approximate time boys pool (West) ends afternoon session

2017 Midwest Regional Swim Meet

Tentative Warm-Up Schedule

Start of warm-up (8:00am on Sat & Sun) Lanes 1, 2, 3, 4, 5, 6, 7, 8 - GENERAL

***Afternoon warm-ups start one hour prior to the afternoon session start time.*

20 minutes after start of warm-up:	Lanes 4, 5, 6 - GENERAL Lanes 1, 8 - PACE Lanes 2, 3, 7 - SPRINT (one way only)
30 minutes after start of warm-up:	Lanes 4, 5 - GENERAL Lanes 1, 8 - PACE Lanes 2, 3, 6, 7 - SPRINT (one way only)
50 minutes after start of warm-up:	Clear competition courses

- NO EQUIPMENT (i.e. hand paddles, kickboards, zoomers) is allowed in the pool when touchpads are in.
- Entry into the pool during any warm-up/cool-down must be FEET FIRST. The only exception to this policy is when sprint lanes are being used.
- Any swimmer violating these policies will be removed from his/her next individual event. A second violation could cause the swimmer to be removed from the meet.
- All swimmers must be observed by a coach during warm-ups.

In an attempt to balance pool usage during competition, the following schedule will be used:

	<u>East Pool (near diving well)</u>	<u>West Pool (near scoreboard)</u>
Saturday AM	10 and under girls	10 and under boys
Saturday PM	11 and over boys	11 and over girls
Sunday AM	10 and under boys	10 and under girls
Sunday PM	11 and over girls	11 and over boys