



2023 INDY SPRING CUP

WARM-UP SCHEDULE

No equipment is permitted at any time in the Competition Pool and Diving Well.

<u>COMPETITION POOL</u>		
<i>60 minutes prior to each session start time, the competition pool is reserved for those swimmers competing in that session.</i>		
TIME	LANES	ACTIVITY
Prior to 8:00 AM & 5:00 PM* *4:00 PM on Wednesday	All Lanes	General Warm-Up: circle swimming only
8:00 AM – 8:50 AM 5:00 PM – 5:45 PM* *4:00 pm – 4:45 PM on Wednesday	Lanes 1 Lanes 2,7 Lanes 3 – 6 & 8	Pace Lane; circle swimming Sprint Lanes: one-way only with racing start from starting end of the pool; swim back in adjacent General Warm-Up Lane General Warm-Up; circle swimming only & one-way swim back from sprint lanes **Note: Additional sprint lanes will be opened by meet officials as required/requested in the following order - 4, 5. On Friday, Lane 7 will be one-way sprints with racing starts from the scoreboard end of the pool and swim back in Lane 6
<u>DIVING WELL & INSTRUCTIONAL POOL</u>		
POOL	PROCEDURES	
<u>DIVING WELL</u> <u>SCY</u> <u>SEVEN 25-YARD LANES</u>	<ul style="list-style-type: none"> ▪ All lanes are for general warm-up. ▪ No equipment can be used in the diving well. ▪ During competition sessions, the diving well is reserved for athletes competing in that session to warm down after races. ▪ During Finals, entry is from the east side of the pool (opposite the Ready Room). ▪ Feet-first entry 	
<u>INSTRUCTIONAL POOL</u> <u>LCM</u> <u>SIX 50-M LANES</u> The instructional pool will open 30 minutes prior to the start of each competition session and remain open until the conclusion of the session.	<p>All lanes will be general warm-up, feet first entry, until the competition pool closes prior to the start of each session. Then the following will go into effect:</p> <ul style="list-style-type: none"> ▪ Lanes 1: Pace Lane; feet first entry. Upon request, stretch cords can be used in Lane 1. ▪ Lanes 2 – 5: General Warm-Up; feet first entry. ▪ Lane 6: One-Way Sprint with swim back in Lane 5. ▪ During competition sessions, swimmers warming-up/down for races will have priority use of the instructional pool. ▪ Equipment permitted 	

General Considerations:

- 1) Please follow the established schedule. If you believe special circumstances exist or additional sprint lanes are needed, please contact the officials or deck marshals.
- 2) Coaches should maintain contact with their swimmers as much as practical throughout the warm-up period.
- 3) Swimmers & coaches, please cooperate with marshals regarding procedures.
- 4) Swimmers should not step up on the blocks when a backstroker is preparing to start.
- 5) When using sprint lanes, swimmers must swim back in the adjacent general warm-up lane.

Thank you!