



**SPRING 2022 SPEEDO SECTIONALS**  
**Indiana University Natatorium – Indianapolis, IN**  
 Hosted by IU Natatorium - IUPUI  
 CENTRAL ZONE SECTIONAL 3 – LCM: March 31 – April 3, 2022



## **WARM-UP SCHEDULE**

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

### **COMPETITION POOL**

*(Warm-ups in the competition pool are reserved for those swimmers competing in that session.)*

TIME	LANES	ACTIVITY
Prior to 7:30 AM & 4:00 PM	All Lanes	General Warm-Up: circle swimming only
7:30 AM – 8:00 AM 4:00 PM – 4:30 PM	Lanes 1,8 Lanes 2 - 7	Pace Lanes: circle swimming General Warm-Up: circle swimming only
8:00 AM – 8:50 AM 4:30 PM – 5:15 PM	Lanes 1,8 Lanes 2,7  Lanes 3 - 6	Pace lanes; 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 <b>**Note: Additional sprint lanes will be opened by meet officials as required/requested in the following order - 4, 5. On Thursday and prelims 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</b>

### **DIVING WELL & INSTRUCTIONAL POOLS**

POOL	PROCEDURES
<u><b>DIVING WELL</b></u> <u><b>SCY</b></u> <u><b>SEVEN 25-YARD LANES</b></u>	<ul style="list-style-type: none"> <li>▪ All lanes are for general warm-up</li> <li>▪ No equipment</li> <li>▪ During competition sessions, reserved for athletes competing in that session to warm down after races</li> <li>▪ During Finals entry is from the east side of the pool (opposite the Ready Room)</li> <li>▪ Feet-first entry</li> </ul>
<u><b>INSTRUCTIONAL POOL</b></u> <u><b>LCM</b></u> <u><b>SIX 50-M LANES</b></u>	<ul style="list-style-type: none"> <li>▪ Lanes 1 &amp; 6 will be pace; feet first entry; upon request, stretch cords can be used in Lane 1.</li> <li>▪ Lane 5 will be one-way sprints with swim back in Lane 4.</li> <li>▪ All other lanes will be general warm-up; feet first entry</li> <li>▪ During competition sessions, swimmers warming-up/down for races will have priority use of the instructional pool</li> <li>▪ Equipment permitted</li> </ul>

#### **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.