



2024 SPRING SPEEDO SECTIONALS
Indiana University Natatorium – Indianapolis, IN

Hosted by the IU Natatorium – Indianapolis

CENTRAL ZONE EAST SECTIONAL– LCM: March 21 – 24, 2024

Held under the Sanction of USA Swimming & Indiana Swimming #IN24136; Time Trials #IN24137

This meet will be capped at approximately 850 athletes.



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 Prior to 4:30 PM	All Lanes	General Warm-Up: circle swimming only
7:30 AM – 7:45 AM 4:30 PM – 4:45 PM	Lanes 1, 8 Lanes 2 - 7	Pace Lanes: circle swimming General Warm-Up: circle swimming only
7:45 AM – 8:20 AM 4:45 PM – 5:15 PM	Lanes 1, 8 Lanes 2, 4, 7 Lanes 3, 5, 6	Pace Lanes; circle swimming Sprint Lanes: one-way only with racing start from starting end of the pool; swim back in General Warm-Up Lanes General Warm-Up; circle swimming only & one-way swim back from Sprint Lanes **Note: Lane 5 will be opened as an additional sprint lane by officials upon request/need. On Thursday and prelims on Friday, Lane 4 will be one-way sprints with racing starts from the scoreboard end of the pool and swim back in Lane 3.

* On Sunday, all times for the Finals Session Warm-Up will be one hour earlier.

DIVING WELL & INSTRUCTIONAL POOLS

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 ▪ During competition sessions, reserved for athletes competing in that session to warm down after races ▪ During Finals, entry is from the east side of the pool (opposite Ready Room) ▪ Feet-first entry
<u>INSTRUCTIONAL POOL</u> <u>LCM</u> <u>SIX 50-M LANES</u>	<ul style="list-style-type: none"> ▪ Lane 6 will be pace; feet first entry ▪ Lane 1 will be one-way sprints with swim back in Lane 2; upon request, stretch cords can be used in Lane 2 when no one is using the sprint lane. ▪ All other lanes will be general warm-up; feet first entry ▪ 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!