



2025 CENTRAL ZONE EAST SPRING SPEEDO SECTIONALS – LCM

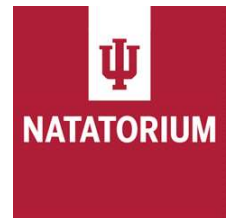
MARCH 27 – 30, 2025

Indiana University Natatorium – Indianapolis, IN

Hosted by the IU Natatorium – Indianapolis

Held under the Sanction of USA Swimming & Indiana Swimming #IN25154; Time Trials #IN25155

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.

<u>COMPETITION POOL</u>		
<i>(Warm-ups in the competition pool are reserved for those swimmers competing in that session.)</i>		
TIME	LANES	ACTIVITY
Prior to 7:30 AM & 4:30 PM (3:30 on Sunday)	All Lanes	General Warm-Up: circle swimming only
7:30 AM – 8:20 AM 4:30 PM – 5:15 PM (3:30 – 4:15 on Sunday)	Lane 1 Lanes 2,7 Lanes 3-6 & 8	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 **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
<u>DIVING WELL & INSTRUCTIONAL POOLS</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 is permitted 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>	<ul style="list-style-type: none"> ▪ Lane 1 will be pace; feet first entry; upon request, stretch cords can be used in Lane 1. ▪ Lanes 2-5: general warm-up; feet first entry ▪ Lane 6 will be one-way sprints 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!