

## **STANDARD DISTRICT SWIMMING WARMUP FORMAT**

Swimming Warm-Ups are to begin at 11:00 AM and end promptly at 12:20 PM

The pool is to be closed at 12:20 PM

Time finals are to begin at 12:30 PM

### **IF SPLIT WARMUP IS USED:**

Each group should be allowed a minimum of thirty (30) minutes of warmup, followed by a minimum of 15 minutes for general warmup of all swimmers. Every attempt should be made to put the schools traveling the furthest in the group warming up last.

### **IF GENERAL WARMUP IS USED:**

A minimum of one (1) hour should be allowed for warmup. Lanes, and/or times, should be designated for circle swimming, relay exchanges and turns, and sprints.

All warmup schedules should allow for competition to begin promptly at 12:30 pm.