

2019 Senior Championship Meet Warmup Schedule

| Session | Day | Warm-up | Lanes 1 & 10 PACE Lanes 2 & 9 SPRINT | Clear the Competition Pool | Meet Start | Awards | Scratch Deadline |
|---------|----------|---------|---|-------------------------------|------------|---------|------------------|
| 1 | THURSDAY | 4:00 PM | 4:30 PM | 4:50 PM | 5:00 PM | | 4:15 pm Thursday |
| 2 | FRIDAY | 7:00 AM | 8:00 AM | 8:20 AM | 8:30 AM | | 6:00 pm Thursday |
| 3 | FRIDAY | 4:30 PM | 5:00 PM | 5:20 PM | 5:30 PM | | |
| 4 | SATURDAY | 7:00 AM | 8:00 AM | 8:20 AM | 8:30 AM | | 6:00 pm Friday |
| 5 | SATURDAY | 4:00 PM | | 4:50 PM | 5:30 PM | 5:00 pm | |
| 6 | SUNDAY | 7:00 AM | 8:00 AM | 8:20 AM | 8:30 AM | | 6:00 pm Saturday |
| 7 | SUNDAY | 3:30 PM | 4:00 PM | 4:20 PM | 4:30 PM | | |

ALL WARM-UPS ARE OPEN

