



Indiana University Natatorium: July 10-12, 2026

WARM-UP SCHEDULE FOR PRELIMS & FINALS SESSIONS

<u>COMPETITION POOL: PRIOR TO PRELIMINARY HEATS</u>		
TIME	LANES	ACTIVITY
7:30 – 8:00 AM	Lanes 1,8 Lanes 3-7	Pace lane; push off only, circle swimming only General warm-up; circle swimming only
8:00 - 8:20 AM	Lanes 1,8 Lanes 2,7* Lanes 3-6	Pace lanes; push off only circle swimming only Sprint lanes; one way only with racing start from starting end of the pool. L General Warm-up *Note: Additional sprint lanes will be opened by meet officials as required, in the following order - 3, 6, 4, 5. Lane 7 will be one-way sprints with racing starts from the scoreboard end of the pool.
<u>COMPETITION POOL: PRIOR TO FINALS</u>		
TIME	LANES	ACTIVITY
1 ST 30 Minutes of Warm-Ups Session	Lanes 1,8 Lanes 3-7	Pace lane; push off only, circle swimming only General warm-up; circle swimming only
Last 20 Minutes of Warm-Up Session	Lanes 1,8 Lanes 2,7* Lanes 3-6	Pace lanes; push off only circle swimming only Sprint lanes; one way only with racing start from starting end of the pool. L General Warm-up *Note: Additional sprint lanes will be opened by meet officials as required, in the following order - 3, 6, 4, 5. Lane 7 will be one-way sprints with racing starts from the scoreboard end of the pool.

General Considerations:

- 1) This schedule is to be used as a guideline and can be modified by an supervising official or deck marshal.
- 2) Athletes & coaches are asked to follow the established schedule. If special circumstances exist, or additional sprint lanes are needed, please contact the supervising official or deck marshal.
- 3) Coaches should maintain contact with their swimmers as much as practical throughout the warm-up period.
- 4) Swimmers & coaches are expected to cooperate with marshals regarding procedures.
- 5) In sprint lanes, racing starts are from starting end of the pool (Lane 7 scoreboard end); swim one length only, with turn if desired; and exit from opposite end. Swimmers should not step up on the blocks when a backstroker is preparing to start.
- 6) Swimming equipment may not be used in the competition pool. Thank you!

<u>DIVING WELL</u>	
POOL	PROCEDURES
<u>DIVING WELL</u> <u>SCY</u> <u>SEVEN 25-YARD LANES</u>	▪ All lanes are for general warm-up; feet-first entry. ▪ For safety reasons during times of high usage, swimmers may be asked not to use equipment in the diving well. ▪ During competition sessions, the diving well is reserved for athletes competing in that session to warm down after races ▪ By request of a deck marshal, stretch cords can be used in the northernmost lane of the diving well. (scoreboard end)