

# Warm-Up Times/Procedures

## Morning Session

- Warm-Ups for Saturday and Sunday morning sessions begin at 7:00 A.M. and end at 8:00 A.M.
- Meet begins at 8:30 A.M.
- Teams may have assigned lane for the full hour

## Afternoon Session

- Warm-Ups for Saturday and Sunday afternoon sessions will begin immediately after the conclusion of morning session
- Meet will begin at the conclusion of warm-ups, no earlier than 1 P.M.