

WARMUP ASSIGNMENTS
2024 PSFCSSL Champs

A WARMUP - 8:00-8:30 AM

Eagle Landing	Lanes 0-4
PSA Nocatee	Lanes 5-9
Timuquana	Lanes 10-14
Oakleaf	Lanes 15-19

B WARMUP 8:30-9:00 AM

PSA Argyle	Lanes 0-4
Putnam Sharks	Lanes 5-8
Eagle Harbor	Lanes 9-13
Pace Island	Lanes 14-19

C WARMUP 9:00-9:20

One-Way Starts/Sprints	Lanes 1-10
General Warmup	Lanes 11-19

*Lanes with blocks are 1-10; remaining lanes are 11-19. During One-Way Sprints/Starts, athletes need to exit the pool on the far end. Lanes 12 -19 will remain open throughout the course of the competition and during the break for general warmup and cool down. Coaches **MUST** supervise their athletes. **DO NOT** hang on the lane lines and always enter the pool feet first!*

NO EQUIPMENT MAY BE USED AT ANY TIME. SWIMMERS MUST ENTER THE WATER FEET FIRST WITH AT LEAST ONE HAND IN CONTACT WITH THE POOL DECK EXCEPT WHEN EXECUTING A CONTROLLED RACING START, SUPERVISED BY A COACH. The referee/marshal may alter warm-up procedures to meet the needs of the swimmers.

The swim lesson/indoor training pool is closed to participants during the meet.