



2025 IL SWIMMING LC AGSC WARM-UP SCHEDULES

Updated with 8:30 AM Start

WARMUP SCHEDULE AND PROCEDURES

A. PRELIMS

- 6:30 AM to 7:00 AM: warm-up for disabled swimmer(s)
- 7:00 AM to 7:45 AM: general warm-up
- 7:45 AM to 8:20 AM:
 - Lane 1 push/pace,
 - Lanes 2, 3, 8, 9 sprint/start – one direction only,
 - Lane 8 will have a backstroke ledge (on backstroke or Medley Relay days),
 - Lane 9 will start at scoreboard,
 - Lanes 4, 5, 6 general warm-up
- No relay exchanges during warm-ups

B. FINALS

- 3:30 PM to 4:15 PM: general warm-up
- 4:15 PM to 4:50 PM
 - Lane 1 push/pace,
 - Lanes 2, 3, 8, 9 sprint/start – one direction only,
 - Lane 8 will have a backstroke ledge (on backstroke or Medley Relay days),
 - Lane 9 will start at scoreboard,
 - Lanes 4, 5, 6 general warm-up
- No relay exchanges during warm-ups