

2023 EAST 5A REGIONALS

Warm-up Schedule

SATURDAY

Meet Begins 2:00 PM

1st Warm-up 12:50 - 1:10 PM

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	7	8
NORTH	HOLLAND	BK	BK	BK	BK	BK	BK	BK
SOUTH	OOLOGAH	OOLOGAH	OOLOGAH	OOLOGAH	OOLOGAH	EDI	EDI	EDI

2nd Warm-up 1:10 - 1:30 PM

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
NORTH	COLLINS	FT.GIBS	FT.GIBS	FT.GIBS	FT.GIBS	FT.GIBS	FT.GIBS	INOLA
SOUTH	WESLEYAN	MEMO	MEMO	OKTAHA	CHECOTAH	CH	COWETA	ADAIR

SOUTH POOL - COMPETITION POOL - **OPEN POOL**

General Warm-up, Sprint & Pace Lanes 1:30 - 1:50

Clear Pool 1:50

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
PACE LANE ONLY	SPRINT LANE	SPRINT LANE	SPRINT LANE	GENERAL WARMUP	SPRINT LANE	SPRINT LANE	PACE LANE ONLY

*Sprints & Pace lanes: (1:30 - 1:50 PM) The following warm-up procedures are to follow.

Lanes 1 & 8 pace lanes: No diving or racing starts. Circle Swimming Only.

Lanes 2, 3, 4, 6 & 7 sprint lanes: dive start, swim only one direction.

Lane 5 is general warm-ups. No Diving.