

2023 EAST 6A REGIONALS

Warm-up Schedule

FRIDAY

Meet Begins 5:00 PM

1st Warm-up 3:30 - 3:50 PM

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
NORTH 3:00	JHS	JHS	JHS	JHS	JHS	JHS	OPEN	OPEN
SOUTH 3:00	BIXBY	BIXBY	BIXBY	BIXBY	UNION	UNION	UNION	UNION

2nd Warm-up 3:50 - 4:10 PM

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
NORTH 3:30	ENID	ENID	ENID	ENID	ENID	ENID	MHS	MHS
SOUTH 3:30	BA	BA	BA	BA	BA	PONCA	PONCA	PONCA

3rd Warm-up 4:10 - 4:30 PM

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
NORTH 3:30	CLARE	OWA	OWA	OWA	STILL	STILL	STILL	STILL
SOUTH 3:30	BART	BART	BART	BART	BTW	BTW	BTW	BTW

SOUTH POOL - COMPETITION POOL - OPEN POOL

Sprint & Pace Lanes 4:30 - 4:50

Clear Pool 4:50

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: (4:30 - 4:50 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.