

2023 LOUISIANA SWIMMING SENIOR SC STATE CHAMPIONSHIPS

WARM-UP ASSIGNMENTS

All Warm-up Sessions	<u>Competition Pool (Scoreboard End)</u>	<u>Warm-up Pool (Middle Course)</u>
	Open Warm-up (50 minutes)	Open Warm-up* (Full Session)
	Specific Warm-up (30 minutes)	
	Pace: Lanes 1/8	
	Dive: Lanes 2-3 and 6-7	
	Open Warm-up: Lanes 4-5	
	<u>Competition Pool (Scoreboard End)</u>	<u>Warm-up Pool (Middle Course)</u>
Thursday PM	Open: 4:00-4:50 PM	Open: 4:00-5:20 PM
	Specific: 4:50-5:20 PM	
Friday AM	Open: 7:30-8:20 AM	Open: 7:30-8:50 AM
	Specific: 8:20-8:50 AM	
Friday PM	Open: 3:30-4:20 PM	Open: 3:30-4:50 PM
	Specific: 4:20-4:50 PM	
Saturday AM	Open: 7:30-8:20 AM	Open: 7:30-8:50 AM
	Specific: 8:20-8:50 AM	
Saturday PM	Open: 3:30-4:20 PM	Open: 3:30-4:50 PM
	Specific: 4:20-4:50 PM	
Sunday AM	Open: 7:30-8:20 AM	Open: 7:30-8:50 AM
	Specific: 8:20-8:50 AM	
Sunday 1650	Open: TBD	Open:
	Specific: TBD	
Sunday PM	Open: 3:00-3:30 PM	Open: 3:00-3:50 PM
	Specific: 3:30-3:50 PM	