

Florida YMCA State Championships

Warm Up Assignments

Friday Timed Finals

- 4:00-5:00pm – general warm up (Competition Pool, both courses & Diving Well)
- 5:00-5:20pm – controlled warm up (Competition Pool, both courses)
- 5:00pm thru session end – general warm up (Diving Well)

Saturday Preliminaries

- 6:30-7:30am – ASSIGNED warm up:
 - PYP – Competition Pool, scoreboard side, lanes 4-8
 - SKY – Diving Well, lanes 7-8
 - SYS – Competition Pool, bulkhead side, lanes 4-8
 - TYS – Competition Pool, bulkhead side, lanes 1-3
 - YCF – Diving Well, lanes 3-6
 - YFFC – Diving Well, lanes 1-2
 - YSF – Competition Pool, scoreboard side, lanes 1-3
- 7:30-7:50am – controlled warm up (Competition Pool, both course)
- 7:30am thru session end – general warm up (Diving Well)

Saturday Timed Finals

- 12:00-12:30pm – general warm up (Competition Pool, bulkhead side)
- 12:30-12:50pm – controlled warm up (Competition Pool, both courses)
- 12:50pm thru session end – general warm up (Competition Pool, scoreboard side)

Saturday Finals

- 4:00-5:00pm – general warm up (Competition Pool, both courses)
- 5:00-5:20pm – controlled warm up (Competition Pool, both courses)
- 5:20pm thru session end – general warm up (Competition Pool, scoreboard side)

Sunday Preliminaries

- 6:30-7:40am – ASSIGNED warm up:
 - PYP – Diving Well, lanes 4-8
 - SKY – Competition Pool, bulkhead side, lanes 7-8
 - SYS – Competition Pool, scoreboard side, lanes 5-8
 - TYS – Competition Pool, scoreboard side, lanes 1-4
 - YCF – Competition Pool, bulkhead side, lanes 3-6
 - YFFC – Competition Pool, bulkhead side, lanes 1-2
 - YSF – Diving Well, lanes 1-3
- 7:30-7:50am – controlled warm up (Competition Pool, both courses)
- 7:30am thru session end – general warm up (Diving Well)

Sunday Timed Finals

- 12:00-12:40pm – general warm up (Competition Pool, both courses)
- 12:40-12:55pm – controlled warm up (Competition Pool, both courses)
- 1:00pm thru session end – general warm up (Competition Pool, scoreboard side)

Sunday Finals

- 3:00-4:00pm – general warm up (Competition Pool, both courses)
- 4:00-4:20pm – controlled warm up (Competition Pool, both courses)
- 4:20pm thru session end – general warm up (Competition Pool, scoreboard side)