

# 2022 FSPA Warm-Up Information

## Friday Developmental Meet

- Open Warm-up 3:30pm to 4:20pm
  - 6 lanes available in small pool, 20 lanes available in 50M pool
- Controlled Warm-up in 10-lane competition pool 4:20pm to 4:50pm
  - Lanes 1-2 pace
  - Lanes 3-6 one way starts
  - Lanes 7-10 general warm-up
- Lanes 1-6 in the small pool and Lanes 13-16 in the 50M pool will be available throughout the meet for warm-up and warm-down.

## Saturday Invitational - Prelims

- Open Warm-up by Group
  - 6 lanes available in small pool, 16 lanes available in 50M pool
  - Group A (SEE BELOW) Warm-up 6:30am – 7:10am
  - Group B (SEE BELOW) Warm-up 7:10am – 7:50am
- Controlled warmup in the 10-lane competition pool 7:50am – 8:20am
  - Lanes 1-2 pace
  - Lanes 3-6 one way starts (will adjust number of lanes as necessary)
  - Lanes 7-10 general warm-up
- Lanes 1-6 in the small pool and Lanes 13-16 in the 50M pool will be available throughout prelims for warm-up and warm-down.

## Saturday Invitational - Finals

- Open Warm-up 4:00pm to 4:50pm
  - 6 lanes available in small pool, 20 lanes available in 50M pool
- Controlled Warm-up in 8-lane competition pool 4:20pm to 4:50pm
  - Lanes 1-2 pace
  - Lanes 3-6 one way starts (will adjust number of lanes as necessary)
  - Lanes 7-8 general warm-up
- Lanes 1-6 in the small pool and Lanes 11-20 in the 50M pool will be available throughout the finals for warm-up and warm-down.

## Groups for Saturday Prelim Warm-ups

Group A		Group B			
BOLL	SATE	BCHS	HTRN	LPLD	SRHS
CCOR	TTVL	BRAD	JC	PROV	TRPN
JUPC	WOLF	CDS	JENB	PTCH	WPHS
JUPT		CTON	KWST	ROCK	YULE
LMAY		FLET	LEHI	RVDL	
MONT		FPC	LNPk	SFRK	
OVDO		FTMY		SPC	