

## Swim Champs Schedule

**Tuesday, July 12th, 2011**

| Warm up time | Lanes 1-3    | Lane for sprints | Lanes 4-6    | Lane for sprints |
|--------------|--------------|------------------|--------------|------------------|
| 7:00 am      | Terrace Park | 1                | Miami Hills  | 2                |
| 7:30 am      | Forest Hills | 3                | Indian Hill  | 4                |
| 8:00 am      | Normandy     | 5                | Turpin Hills | 6                |

Each team will have three lanes in each pool: the shallow and the competition. Lanes are in the column above team name.

At 8:30 am each team will have one lane to practice one way starts for 15 minutes. Lane is listed in column next to team name above.

9:00 am start time for prelims : swimmers 11 and up

| Warm up time | Lanes 1-3    | Lane for sprints | Lanes 4-6    | Lane for sprints |
|--------------|--------------|------------------|--------------|------------------|
| 12:00 pm     | Terrace Park | 1                | Miami Hills  | 2                |
| 12:30 pm     | Forest Hills | 3                | Indian Hill  | 4                |
| 1:00 pm      | Normandy     | 5                | Turpin Hills | 6                |

Each team will have three lanes in each pool: the shallow and the competition. Lanes are in the column above team name.

At 1:30 pm each team will have one lane to practice one way starts for 15 minutes. Lane is listed in column next to team name above.

2:00 pm start time for prelims : swimmers 10 and under

**Wednesday, July 13<sup>th</sup>, 2011**

| Warm up time | Lanes 1-3    | Lane for sprints | Lanes 4-6    | Lane for sprints |
|--------------|--------------|------------------|--------------|------------------|
| 4:00 pm      | Terrace Park | 1                | Miami Hills  | 2                |
| 4:30 pm      | Forest Hills | 3                | Indian Hill  | 4                |
| 5:00 pm      | Normandy     | 5                | Turpin Hills | 6                |

One way sprints will begin at 5:30 pm. Senior recognition will take place between events.

6:00 pm start time for finals : swimmers of all ages

Each team will have three lanes in the shallow pool and three lanes in the deep pool for 30 minutes of warm ups. Feel free to rotate who is in these lanes so that everyone has time in the competition pool and time for practicing starts. Team areas will be designated by signs.