

PROVINCIAL WARMUP INFORMATION

OKANAGAN REGION 2019

Provided below is an itinerary including warmup times, lane assignments, and the warmup plan for each respective division of swimmer throughout the weekend.

THURSDAY, AUGUST 15TH

COACHES MEETING: 4:00PM – 4:45PM @ Meeting Rooms C&D Canada Games Pool

WARMUP 5:00 – 6:30PM – SENIOR END (SHALLOW) - LANES 5&6

| DIVISION | BEGIN ACTIVATION @ | BE BEHIND BLOCKS @ | IN POOL TIME |
|----------|--------------------|--------------------|--------------|
| 1 | 4:45 | 4:55 | 5:00 – 5:15 |
| 2 | 5:10 | 5:15 | 5:20 – 5:40 |
| 3 | 5:30 | 5:40 | 5:45 – 6:05 |
| 4 | 5:55 | 6:05 | 6:10 – 6:30 |

WARMUP 6:30 – 8:00PM – JUNIOR END (DEEP) - LANES 7&8

| DIVISION | BEGIN ACTIVATION | BE BEHIND BLOCKS | IN POOL TIME |
|----------|------------------|------------------|--------------|
| 5 | 6:15 | 6:25 | 6:30 – 6:55 |
| 6 | 6:40 | 6:50 | 6:55 – 7:20 |
| 7/8 | 7:05 | 7:15 | 7:20 – 7:45 |
| COACHES | OPTIONAL | OPTIONAL | 7:45 – 8:00 |

FRIDAY, AUGUST 16TH

COACHES MEETING: 6:30AM

WARM UP TIME: 6:30 – 7:45AM *(ACTIVATION)

WARM UP LOCATION: LANE 5

COMPETITION START TIME: 8:00AM

EVENTS: 100/200 IM, 50FR, 4X50 MEDLEY RELAY

6:45 – 7:45AM JUNIOR END (DEEP) – LANE 5

| DIVISION | BEGIN ACTIVATION | BE BEHIND BLOCKS | IN POOL TIME |
|----------|------------------|------------------|--------------|
| 1 | 6:30 | 6:40 | 6:45 – 7:00 |
| 2 | 6:45 | 6:55 | 7:00 – 7:15 |
| 3 | 7:00 | 7:10 | 7:15 – 7:30 |
| 4 | 7:15 | 7:25 | 7:30 – 7:45 |

6:45 – 7:45AM SENIOR END (SHALLOW) – LANE 5

| DIVISION | BEGIN ACTIVATION | BE BEHIND BLOCKS | IN POOL TIME |
|-----------|------------------|------------------|--------------|
| 5 | 6:30 | 6:40 | 6:45 – 7:00 |
| 6 | 6:45 | 6:55 | 7:00 – 7:15 |
| 7 | 7:00 | 7:10 | 7:15 – 7:30 |
| 8/COACHES | OPTIONAL | OPTIONAL | 7:30 – 7:45 |

SATURDAY, AUGUST 17TH

COACHES MEETING: 6:30AM

WARM UP TIME: 6:30 – 7:45AM *(ACTIVATION)

WARM UP LOCATION: LANE 5

COMPETITION START TIME: 8:00AM

EVENTS: 50/100FLY, 50/100 BK, 4X50FREE RELAY

6:45 – 7:45 JUNIOR END (DEEP) – LANE 5

| DIVISION | BEGIN ACTIVATION | BE BEHIND BLOCKS | IN POOL TIME |
|----------|------------------|------------------|--------------|
| 1 | 6:30 | 6:40 | 6:45 – 7:00 |
| 2 | 6:45 | 6:55 | 7:00 – 7:15 |
| 3 | 7:00 | 7:10 | 7:15 – 7:30 |
| 4 | 7:15 | 7:25 | 7:30 – 7:45 |

6:45 – 7:45AM SENIOR END (SHALLOW) – LANE 5

| DIVISION | BEGIN ACTIVATION | BE BEHIND BLOCKS | IN POOL TIME |
|-----------|------------------|------------------|--------------|
| 5 | 6:30 | 6:40 | 6:45 – 7:00 |
| 6 | 6:45 | 6:55 | 7:00 – 7:15 |
| 7 | 7:00 | 7:10 | 7:15 – 7:30 |
| 8/COACHES | OPTIONAL | OPTIONAL | 7:30 – 7:45 |

SUNDAY, AUGUST 18TH

COACHES MEETING: 6:30AM

WARM UP TIME: 6:30 – 7:45AM *(ACTIVATION)

WARM UP LOCATION: LANE 5

COMPETITION START TIME: 8:00AM

EVENTS: 50FLY, 50/100 BREAST, 100 FREE, 4X50 REGIONAL MEDLEY RELAY

6:45 – 7:45 JUNIOR END (DEEP) – LANE 5

| DIVISION | BEGIN ACTIVATION | BE BEHIND BLOCKS | IN POOL TIME |
|----------|------------------|------------------|--------------|
| 1 | 6:30 | 6:40 | 6:45 – 7:00 |
| 2 | 6:45 | 6:55 | 7:00 – 7:15 |
| 3 | 7:00 | 7:10 | 7:15 – 7:30 |
| 4 | 7:15 | 7:25 | 7:30 – 7:45 |

6:45 – 7:45AM SENIOR END (SHALLOW) – LANE 5

| DIVISION | BEGIN ACTIVATION | BE BEHIND BLOCKS | IN POOL TIME |
|-----------|------------------|------------------|--------------|
| 5 | 6:30 | 6:40 | 6:45 – 7:00 |
| 6 | 6:45 | 6:55 | 7:00 – 7:15 |
| 7 | 7:00 | 7:10 | 7:15 – 7:30 |
| 8/COACHES | OPTIONAL | OPTIONAL | 7:30 – 7:45 |

FINALS WARMUPS EACH DAY – DURATION: 30 MINS

- **ONLY FOR THOSE WHO ARE SWIMMING IN A FINAL!** (Relay swimmers included here)
- Warm ups will **start 45min after the conclusion of the Prelims** session (TBD each day).
- During Finals, the shallow end will remain open for warm up (must be accompanied by coach).

WARM-UP EXPECTATIONS AND RULES (SWIMMERS & COACHES):

1. Be on time and prepared to race (suit, cap, goggles, deck clothes & shoes, towels, snacks).
2. Activation will be completed approx. 10min prior to getting in the pool for each respective division. Please be prepared at the time listed on the itinerary.
3. Morning warmups are ONLY for swimmers competing that day. Priority goes to those swimmers who are competing in that session.
4. RELAY ONLY SWIMMERS are encouraged to show up Thursday evening, and then ONLY warmup during the "FINALS" warmup.
5. Enter the pool FEET FIRST!
6. Swimmers will be put in order according to speed.
7. To ensure safety, passing will ONLY OCCUR AT THE WALL during warmups. No passing mid-lane. Swimmers are instructed to stay close to the lane ropes and as far away from the black "T" as possible.
8. Coaches keep the swimmers moving continuously, and not at the wall.

WARM-UP PLAN SPECIFICS:

| Division 1 (AM) | Division 2 (AM) | Division 3 (AM) | Division 4+ (AM) |
|--|--|---|--|
| 50 FR 50 BK 2x50 K-SW (Choice) 4x25 12.5 Fast Stroke, (12.5 smooth FR) 2x Dives | 50 FR 50 BK 3x50 K-SW (Choice) 4x25 speed play (F-E, E-F, Build, F-F) 2x Dives | 50 FR 50 BK 4x50 K-SW (Choice) 4x25 speed play (F-E, E-F, Build, F-F) 1-2 x 50 (10m into and off every wall = FAST) 2x Dives (finish to feet) | 50 FR 50 BK 4x50 K-Sw (Choice) 2 x (4x25) speed play (F-E, E-F, Build, F-F) 1 round K, 1 round SW 2 x 50 (10m into and off every wall is FAST) 2x Dives (finish to feet) |
| Division 1 (PM) | Division 2 (PM) | Division 3 (PM) | Division 4+ (PM) |
| 50 FR 2x50 K- SW (choice) 2x25 12.5 Fast Stroke, 12.5 smooth FR 1x Dive (12.5 Fast – Breakout focus, 12.5 ez) | 50 FR 2x50 K-SW (Choice) 4x25 speed play (F-E, E-F, Build, F-F) 1x Dives | 50 FR 50 BK 2x50 K-SW (Choice) 4x25 speed play (F-E, E-F, Build, F-F) 1 x 50 (10m into and off every wall is FAST) 1 x Dive (finish to feet) | 50 FR 50 BK 2x50 K-SW (Choice) 4x25 speed play (F-E, E-F, Build, F-F) 2 x 50 (10m into and off every wall is FAST) 1-2 x Dives (finish to feet) |

SWIM FAST, HAVE FUN, GO OK!

OKANAGAN REGIONAL TEAM CHEER

WILL BE PERFORMED ON SUNDAY OF THE MEET – HAVE THIS MEMORIZED!

(LOUD)

LEMON LIME
TUTTI FRUITY
OK'S GONNA KICK YOUR BOOTY
IN THE POOL
IN THE RACE
OK'S GONNA WIN FIRST PLACE

(LOUDER)

LEMON LIME
TUTTI FRUITY
OK'S GONNA KICK YOUR BOOTY
IN THE POOL
IN THE RACE
OK'S GONNA WIN FIRST PLACE

(LOUDEST)

LEMON LIME
TUTTI FRUITY
OK'S GONNA KICK YOUR BOOTY
IN THE POOL
IN THE RACE
OK'S GONNA WIN FIRST PLACE

COACHES: WHO'S HOUSE?

ATHLETES: OUR HOUSE

COACHES: WHO'S HOUSE?

ATHLETES: OUR HOUSE

COACHES: WHO'S HOUSE?

ATHLETES: OUR HOUSE

ALL: OK ALL THE WAY - HOOOO!