**Warm Up Schedule**

**Saturday & Sunday Heat Sessions**

**Diving Pool-** Open to all (Para swimmers in lane closest to diving boards)

**North Pool- Women’s**

First 30mins: Fastest 3 heats

Last 30mins: Remaining 3 heats

**South Pool- Men’s**

First 30mins: Fastest 3 heats

Last 30mins: Remaining 3 heats

**Saturday & Sunday Finals**

**Diving Pool**

Open to all (Para Swimmers in lane closest to diving boards)

**North Pool**: Finalists Only

**South Pool**- Open to all (until end of warm-up)