

## 2020 Mile Meet Warm Up Schedule

Per LESI, each session is limited to 2 hours of competition time. To be able to accommodate all entries, we have split the meet into sessions that last 2 hours or less. The sessions will include a 30-minute warm up and 5 minutes after warmups before the start of competition.

Each session will have 4 heats. There is a 15-minute gap between sessions to sanitize the pool deck and the spectator area. We ask that you vacate your area as soon as possible, so we can sanitize for the following session right away.

Rec side of the pool will be available for warmup and cool down.

Session 1: 7-8:03 (Heats 1-4 of Event 1-500 Free)

Session 2: 8:20-9:25 (Heats 5-8 of Event 1-500 Free)

Session 3: 9:40-10:50 (Heats 9-12 of Event 1-500 Free)

Session 4: 11:05-12:20 (Heats 13-16 of Event 1-500 Free)

Session 5: 12:35-2:20 (Heats 1-4 of Event 2-1650 Free)

Session 6: 2:35-4:40 (Heats 5-8 of Event 2-1650 Free)

Session 7: 4:55-7:00 (Heats 9-12 of Event 2- 1650 Free)

Swimmers should bring a Tupperware container to house a swimmer's mask during the race. Swimmers will always be required to wear a mask, except after the 4 Whistles signaling the start of their heat. After the race, the swimmer will need to don their mask before leaving the start area.

Swimmers should keep 6ft apart from those not residing in the same household. Swimmers not adhering to safety protocols may be asked to leave the meet.