

**2017 Ontario Senior/Masters Lifesaving Championships – Pool
Warm-Up Procedures**

Saturday Morning Warm-Up

7:45 am – 8:25 am – Aurora, Guelph, Halton Hills, Rouge Valley, Saugeen, Vaughan, Waterloo

7:45 – 8:10

- all 8 lanes are open for swimming, no equipment

8:10 – 8:25

- Lanes 1 & 8 – Dive & Fins
- Lanes 2 – 4 – Full Manikins
- Lanes 5 – 7 – Half-full manikins and tubes

8:30 am – 9:10 am – Brock, Markham, Mississauga, Nova Scotia, Orangeville, Ottawa Valley, Richmond Hill, Rouville, Toronto Police

8:30 – 8:55

- all 8 lanes are open for swimming, no equipment

8:55 – 9:10

- Lanes 1 & 8 – Dive & Fins
- Lanes 2 – 4 – Full Manikins
- Lanes 5 – 7 – Half-full manikins and tubes

Saturday Afternoon Warm-Up

12:30 pm – 1:10 pm – Brock, Markham, Mississauga, Nova Scotia, Orangeville, Ottawa Valley, Richmond Hill, Rouville, Toronto Police

12:30 – 12:55

- all 8 lanes are open for swimming, no equipment, obstacles in all lanes

12:55 – 1:10

- Lanes 1 & 8 – Dive
- Lanes 2 – 7 – Line Throw

1:15 pm – 1:55 pm – Aurora, Guelph, Halton Hills, Rouge Valley, Saugeen, Vaughan, Waterloo

1:15 – 1:40

- all 8 lanes are open for swimming, no equipment, obstacles in all lanes

1:40 – 1:55

- Lanes 1 & 8 – Dive
- Lanes 2 – 7 – Line Throw

Sunday Morning Warm-Up

8:00 am – 8:40 am – Aurora, Guelph, Halton Hills, Rouge Valley, Saugeen, Vaughan, Waterloo

8:00 – 8:25

- all 8 lanes are open for swimming, no equipment

8:25 – 8:40

- Lanes 1 & 8 – Dive & Fins
- Lanes 2 – 4 – Full Manikins
- Lanes 5 – 7 – Half-full manikins and tubes

8:45 am – 9:25 am – Brock, Markham, Mississauga, Nova Scotia, Orangeville, Ottawa Valley,
Richmond Hill, Rouville, Toronto Police

8:45 – 9:10

- all 8 lanes are open for swimming, no equipment

9:10 – 9:25

- Lanes 1 & 8 – Dive & Fins
- Lanes 2 – 4 – Full Manikins
- Lanes 5 – 7 – Half-full manikins and tubes