

**2018 Ontario Senior/Masters Lifesaving Championships – Pool
Warm-Up Procedures**

Saturday Morning Warm-Up

8:15 am – 8:55 am – Halton, Markham, Paradise Beach, Rouge Valley, Vaughan

8:15 – 8:40

- all 6 lanes are open for swimming, no equipment

8:40 – 8:55

- Lanes 1 & 6 – Dive & Fins
- Lanes 2 – 3 – Full Manikins
- Lanes 4 – 5 – Half-full manikins and tubes

9:00 am – 9:40 am – Brampton Y, Guelph, Orangeville, Richmond Hill, Saugeen, TPLS,
Waterloo, William

9:00 – 9:25

- all 6 lanes are open for swimming, no equipment

9:25 – 9:40

- Lanes 1 & 6 – Dive & Fins
- Lanes 2 – 3 – Full Manikins
- Lanes 4 – 5 – Half-full manikins and tubes

Saturday Afternoon Warm-Up

1:00 pm – 1:40 pm – Halton, Markham, Paradise Beach, Rouge Valley, Vaughan

1:00 – 1:25

- all 6 lanes are open for swimming, no equipment, obstacles in all lanes

1:25 – 1:40

- Lanes 1 & 6 – Dive
- Lanes 2 – 5 – Line Throw

1:45 pm – 2:25 pm – Brampton Y, Guelph, Orangeville, Richmond Hill, Saugeen, TPLS,
Waterloo, William

1:45 – 2:10

- all 6 lanes are open for swimming, no equipment, obstacles in all lanes

2:10 – 2:25

- Lanes 1 & 6 – Dive
- Lanes 2 – 5 – Line Throw

Sunday Morning Warm-Up

8:15 am – 8:55 am – Brampton Y, Guelph, Orangeville, Richmond Hill, Saugeen, TPLS,
Waterloo, William

8:15 – 8:40

- all 6 lanes are open for swimming, no equipment

8:40 – 8:55

- Lanes 1 & 6 – Dive & Fins
- Lanes 2 – 3 – Full Manikins
- Lanes 4 – 5 – Half-full manikins and tubes

9:00 am – 9:40 am – Halton, Markham, Paradise Beach, Rouge Valley, Vaughan

9:00 – 9:25

- all 6 lanes are open for swimming, no equipment

9:25 – 9:40

- Lanes 1 & 6 – Dive & Fins
- Lanes 2 – 3 – Full Manikins
- Lanes 4 – 5 – Half-full manikins and tubes