

**2023 Ontario Senior/Masters Lifesaving Championships – Pool  
Warm-Up Procedures**

***Saturday Afternoon Warm-Up***

**1:30 pm – 2:10 pm** – Teams TBD

1:30 – 1:55

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

1:55 – 2:10

- Lanes 1 & 8 – Dive & Fins
- Lanes 2 – 4 – Full Manikins
- Lanes 5 – 7 – Line Throw

**2:15 pm – 2:55 pm** – Teams TBD

2:15 – 2:40

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

2:40 – 2:55

- Lanes 1 & 8 – Dive & Fins
- Lanes 2 – 4 – Full Manikins
- Lanes 5 – 7 – Line Throw

***Sunday Morning Warm-Up***

**7:00 am – 7:40 am** – Teams TBD

7:00 – 7:25

- all 8 lanes are open for swimming, no equipment

7:25 – 7:40

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

**7:45 am – 8:25 am** – Teams TBD

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