

## 2023 Canadian Pool Lifesaving Championships

### Warm-Up Procedures

#### Saturday Warm-Up

##### **7:15 – 8:05/2:15 – 3:05**

- All (10) 50m lanes are open for swimming (“circle swimming”), obstacles in all lanes, full manikins available upon request.
- All (6) 25m lanes are open for equipment use.
  - o Lanes 1-3 (south half) – Half-full manikins and tubes
  - o Lanes 4-6 (north half) – Line Throw (west to east only)

##### **8:05 – 8:15/3:05 – 3:15**

- All (10) 50m lanes are open for diving/sprints (north diving blocks only).
- All (6) 25m lanes remain open for equipment use.

#### Sunday Warm-Up

##### **7:15 – 8:05/2:15 – 3:05**

- All (10) 50m lanes are open for swimming (“circle swimming”), full manikins available upon request.
- All (6) 25m lanes are open for half-full manikins and tubes.

##### **8:05 – 8:15/3:05 – 3:15**

- All (10) 50m lanes are open for diving/sprints (north diving blocks only).
- All (6) 25m lanes remain open for half-full manikins and tubes.

#### Please note:

- Competitors shall enter the water feet first in a cautious manner throughout warm-up.
- Dive starts are only permitted during the designated times outlined above.
- The 25m tank will be open for warm-up/cool-down all day.
- Please be respectful of borrowed equipment and return it to the Crew Chief.

Lane 0	Lifesaving Club of Markham
Lane 1	Lifesaving Club of Markham
Lane 2	Vaughan Lifesaving Club / LCM
Lane 3	Cochrane Water Ninjas
Lane 4	Pacific Swim Academy / LA County / California State / CSRN
Lane 5	Camrose Tsunami / CGC Swim Academy / RHLC / RVLC
Lane 6	Essex Swim & Lifesaving Club
Lane 7	Drayton Valley Lifesavers / Royal City Aquatics / TPLS
Lane 8	Saugeen Shores Lifesaving Club
Lane 9	Narval Sauvetage Sportif / Dam'eaucles