

TYR Pro Swim Series- Richmond

Session 1 Thurs PM - Combined

7:00 AM	Facility open for general warm up
3:45 PM	800 FR Session Warm Up (3:45p - 4:45p) Specific Warm up (4:25 - 4:45p) Comp Pool Cleared- Inst Pool limited to 800 Free competetors ONLY until 6 PM
4:45 PM	Free competetors ONLY until 6 PM
5:00 PM	Competition Begins
5:50 PM	Competition Concludes
6:00 PM	Comp Pool Open for General Warm-up
9:00 PM	Facility Closed and Cleared, Disinfect

Session 2 Friday AM - Women's Flight

7:00 AM	Health Screening Begins, Facility Open
7:45 AM	Warm Up Begins (745 - 845a) Specific Warm up (825- 845a)
8:45 AM	Pool Cleared
9:00 AM	Competition Begins
10:10 AM	Competition Concludes
10:20 AM	Facility Closed and Cleared, Disinfect

Session 2 Friday AM - Men's Flight

10:30 AM	Health Screening Begins, Facility Open
10:40 AM	Warm Up Begins (10:40a-11:40a) Specific Warm up (11:20-11:40a)
11:40 AM	Pool Cleared
11:50 AM	Competition Begins
1:00 PM	Competition Concludes
1:30 PM	Facility Closed and Cleared, Disinfect

Session 4 Saturday AM - Women's Flight

7:00 AM	Health Screening Begins, Facility Open
7:45 AM	Warm Up Begins (745 - 845a) Specific Warm up (825- 845a)
8:45 AM	Pool Cleared
9:00 AM	Competition Begins
10:40 AM	Competition Concludes
10:50 AM	Facility Closed and Cleared, Disinfect

Session 4 Saturday AM - Men's Flight

11:00 AM	Health Screening Begins, Facility Open
11:10 AM	Warm Up Begins (11:35 AM-12:35 PM) Specific Warm up (12:15-12:35p)
12:10 PM	Pool Cleared
12:20 PM	Competition Begins
1:40 PM	Competition Concludes
2:10 PM	Facility Closed and Cleared, Disinfect

Session 6 Sunday AM - Women's Flight

7:00 AM	Health Screening Begins, Facility Open
7:45 AM	Warm Up Begins (745 - 845a) Specific Warm up (825- 845a)
8:45 AM	Pool Cleared
9:00 AM	Competition Begins
11:00 AM	Competition Concludes
11:10 AM	Facility Closed and Cleared, Disinfect

Session 6 Sunday AM - Men's Flight

11:20 AM	Health Screening Begins, Facility Open
11:30 AM	Warm Up Begins (11:50a-12:50p) Specific Warm up (12:30-12:50pm)
12:30 PM	Pool Cleared
12:40 PM	Competition Begins
1:35 PM	Competition Concludes
2:05 PM	Facility Closed and Cleared, Disinfect

Session 3 Friday PM - Finals Combined Gender

5:15 PM	Health Screening Begins, Facility Opens for Flight
5:45 PM	Warm Up Begins (5:45 - 6:45p) Specific Warm up (6:25 - 6:45p)
6:45 PM	Pool Cleared
7:00 PM	Competition Begins
9:00 PM	Competition Concludes Pool open for warm-up
10:00 PM	Facility Closed and Cleared, Disinfect

Session 5 Saturday PM - Finals Combined Gender

5:15 PM	Health Screening Begins, Facility Opens for Flight
5:45 PM	Warm Up Begins (5:45 - 6:45p) Specific Warm up (6:25 - 6:45p)
6:45 PM	Pool Cleared
7:00 PM	Competition Begins
9:00 PM	Competition Concludes, Pool open for warm-up
10:00 PM	Facility Closed and Cleared, Disinfect

Session 7 Sunday PM - Finals Combined Gender

5:15 PM	Health Screening Begins, Facility Opens for Flight
5:45 PM	Warm Up Begins (5:45 - 6:45p) Specific Warm up (6:25 - 6:45p)
6:45 PM	Pool Cleared
7:00 PM	Competition Begins
9:00 PM	Competition Concludes, Pool open for warm-up
10:00 PM	Facility Closed and Cleared, Disinfect

