



## **WARM UP TIMES AND INSTRUCTIONS**

### General Instructions for Open Championships 2018

The warm-up periods are reserved for competitors taking part in the following session. Swimmers, coaches and team managers **MUST** follow instructions of the warm-up procedure during the warm-up period, and coaches and team manager must supervise their swimmers.

Due to the number of swimmers in each session both the competition pool and the swim down pool will be used for the warm up. We ask swimmers, coaches and team managers to ensure there is as even a spread of swimmers across each pool as possible.

#### **Warm-up Times**

The overall warm up times will run as detailed in the meet information. The warm up will be split by gender as shown below. Each warm up will comprise a 20 minute period of general swimming with no diving using both pools, followed by a 10 minute period where the competition pool will be used for diving and backstroke starts in the designated lanes. During this period the swim down pool can be used for general swimming.

Note: There will be 30 minutes of general swimming and 15 minutes of diving/starts in the evening sessions.

Unless otherwise announced:

Session / Day		General Warm-Up	Sprint/Dive Lanes	Session Start
Session 1 Saturday Morning	Male	08.00 – 08.20 am	08.20 – 08.30 am	9.05 am
	Female	08.30 – 08.50 am	08.50 – 09.00 am	
Session 2 Saturday Afternoon	Female	12.20 – 12.40 pm	12.40 – 12.50 pm	1.25 pm
	Male	12.50 – 1.10pm	1.10 pm – 1.20 pm	
Session 3 Saturday Evening	All swimmers	4.45 – 5.15 pm	5.15 – 5.30 pm	5.35 pm
Session 4 Sunday Morning	Female	08.00 – 08.20 am	08.20 – 08.30 am	9.05 am
	Male	08.30 – 08.50 am	08.50 – 09.00 am	
Session 5 Sunday Afternoon	Male	12.20 – 12.40 pm	12.40 – 12.50 pm	1.25 pm
	Female	12.50 – 1.10pm	1.10 pm – 1.20 pm	
Session 6 Sunday Evening	All swimmers	4.45 – 5.15 pm	5.15 – 5.30 pm	5.35 pm

#### **General Warm-Up Period**

All lanes in both the competition pool and the swim down pool will be used for general swimming and race preparation with no diving. In the competition pool swimmers will swim clockwise in odd numbered lanes and anti-clockwise in even numbered lanes. In the swim down pool swimmers will swim in the direction stated on the lane direction signs.

Large paddles and fins are not permitted in any warm up period.

#### **Sprint/Dive Lanes Period**

The allocation of lanes in the Sprint/Dive Lane Period is listed below and in the diagram shown. Sprint and dive lanes will only be available in the competition pool. The swim down pool will be for general swimming for the duration of the warm up and will not have any sprint/dive lanes available at any point.

Backstroke Sprint Lanes 0 and 9 – Sprints are permitted from the start end for the length of the pool – swimmers must exist the pool at the turn end

Sprint/Dive Lanes 1, 2, 7 and 8 – Diving and sprints are permitted from the start end for length of the pool – swimmers must exit the pool at the turn end

Lanes 3, 4, 5 and 6 will be pace lanes from a push and no diving is permitted

Backstroke start devices will be employed during the Sprint/Dive Period in lanes 0 and 9 only.

The Meet Convenor can change the lane allocation as appropriate.



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### COMPETITION POOL – SPRINT/DIVE PERIOD - LANE ALLOCATION

Start End	Turn End	Swim Down Pool						
9	Sprint/Dive Lane – Starts*from START end for full length of 25m pool – MUST exit pool at TURN end	<b>BOOM</b>	Anti-Clockwise	Clockwise	Anti-Clockwise	Clockwise	Anti-Clockwise	Clockwise
8	Sprint/Dive Lane – Starts from START end for full length of 25m pool – MUST exit pool at TURN end							
7	Sprint/Dive Lane – Starts from START end for full length of 25m pool – MUST exit pool at TURN end							
6	Pace Lane from a push Anti-Clockwise – No diving							
5	Pace Lane from a push Clockwise – No diving							
4	Pace Lane from a push Anti-Clockwise – No diving							
3	Pace Lane from a push Clockwise – No diving							
2	Sprint/Dive Lane – Starts from START end for full length of 25m pool – MUST exit pool at TURN end							
1	Sprint/Dive Lane – Starts from START end for full length of 25m pool – MUST exit pool at TURN end							
0	Sprint/Dive Lane – Starts*from START end for full length of 25m pool – MUST exit pool at TURN end							

\*A backstroke device will be available in this lane at the start end where applicable

#### **Announcements**

An announcement will be made at the start of the Warm-Up and at the start of the Sprint/Dive Lanes Period.

An announcement will be made 5 minutes prior to Warm-up finishing and a further announcement will be made at the completion of the warm-up. At this time swimmers are to clear the pool.

#### **Diving Pit/25m Pool**

The diving pit/25m pool is not available for warm up or swim down during this meet.