



WARM UP TIMES AND INSTRUCTIONS

General

The warm-up periods in the competition pool 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.

Warm-up Times

The warm-up times will run as detailed in the meet information. Each warm-up will comprise a 20 minute period of general swimming with no diving followed by a 20 minute period where diving will be allowed in designated lanes.

Warm-up times in the competition pool will be as follows unless otherwise announced:

	General Warm-Up	Sprint/Dive Lanes	Session Start
Session 1 Saturday 26 May Afternoon	11.30am – 11.50am	11.50am – 12.10pm	12.15pm
Session 2 Saturday 26 May Evening	3.45pm – 4.05pm	4.05pm – 4.25pm	4.30pm
Session 4 Sunday 27 May Morning	8.30am – 8.50am	8.50am – 9.10am	9.15am
Session 5 Sunday 27 May Afternoon	12.25pm – 12.45pm	12.45pm – 1.05pm	1.10pm

General Warm-Up Period

All lanes will be used for general swimming and race preparation with no diving. Swimmers will swim clockwise in odd numbered lanes and anti-clockwise in even numbered lanes. Large paddles and fins are not permitted in any warm up period. Please do not climb out over the pads.

Sprint/Dive Lanes Period

The allocation of lanes in the Sprint/Dive Lane Period is listed below and in the diagram shown.

Sprint/Dive Lane 0 – Diving and sprints are permitted from the turn end to the 25m marker

Lanes 1 and 2 will be pace lanes from a push and no diving is permitted

Lanes 3 to 7 will be for general swimming and no diving is permitted

Sprint/Dive Lane 8 – Diving and sprints are permitted from the start end for the 50m length of the pool – swimmers must exit the pool at the turn end

Backstroke Sprint Lane 9 – Sprints are permitted from the start end to the 25m marker

Backstroke start devices will be employed during the Sprint/Dive Period in lane 9 only

The Meet Director can change the lane allocation as appropriate.

Start End	Turn End
9 *Back Start Lane – From START end to 25m marker →	
8 Sprint/Dive Lane – Starts from START end for full length of 50 pool – MUST exit pool at TURN end → → →	
7 General Swimming Clockwise – No diving	
6 General Swimming Anti-Clockwise – No diving	
5 General Swimming Clockwise – No diving	
4 General Swimming Anti-Clockwise – No diving	
3 General Swimming Clockwise – No diving	
2 Pace Lanes from a push Anti-Clockwise – No diving	
1 Pace Lanes from a push Clockwise – No diving	
0 ← Sprint/Dive Lane – Starts from TURN end to 25m marker	

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

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.