



## ***WARM UP TIMES AND INSTRUCTIONS***

### **Instructions for Open Championships 2019**

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 managers 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 that there is as even a spread of swimmers across each pool as possible. Due to strict constraints on the number of swimmers permitted in each lane, where a Warm-up is busy, swimmers may need to wait for a quieter time.

### **Warm-up Times**

The Warm-up times will run as detailed in the meet information on Saturday. There has been a small change to the Warm-up times on the Sunday as detailed below.

Each Warm-up period will be unsegregated with a period of general swimming where no diving is permitted, followed by a period where diving will be allowed in designated lanes.

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

	Warm-Up	Session Start	Session Finish (approx.)
Session 1 Saturday 9 November Morning	7.45 – 9.00am	9.05am	11.50am
Session 2 Saturday 9 November Afternoon	12.20 – 1.20pm	1.25pm	4.15pm
Session 3 Saturday 9 November Evening	4.45 – 5.30pm	5.35pm	7.15pm
Session 4 Sunday 10 November Morning	8.00 – 9.15am	9.20am	12.10pm
Session 5 Sunday 10 November Afternoon	12.40 – 1.40pm	1.45pm	4.15pm
Session 6 Sunday 10 November Evening	4.45 – 5.30pm	05.35pm	7.15pm

### **General Warm-Up**

All lanes in 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. Please do not climb out over the pads.

For information about Sprint and Pace Lanes please see overleaf.



## **WARM UP TIMES AND INSTRUCTIONS**

### **Sprint Lanes/Dive Lanes/Pace Lanes**

During each Warm-up session, when twenty minutes of general Warm-up has passed, Sprint and Pace Lanes will be provided in Lanes 0, 1 and 2. This is to allow swimmers to leave the pool to make way for others.

As the Warm-up progresses, as demand dictates, more Lanes will be opened up as Sprint and Pace Lanes until the whole Competition Pool is in use.

Lanes 0 and 9 will be Backstroke Start Lanes with Backstroke starting devices employed – swimmers must exit at the Boom

Lanes 1, 6, 7, 8 will be Sprint/Dive Lanes – swimmers must exit at the Boom

Lanes 2, 3, 4, 5 will be Pace Lanes from a push only and no diving is permitted

Continuous swimming will be available in the Swim Down Pool throughout each Warm-up period and in any lane that has not yet been allocated a Sprint or Pace Lane.

	Start End	Turn End	Swim Down Pool						
9	Back Start Lane – From Start End – Exit at Boom								
8	Sprint/Dive Lane – From Start End – Exit at Boom								
7	Sprint/Dive Lane – From Start End – Exit at Boom								
6	Sprint/Dive Lane – From Start End – Exit at Boom								
5	Pace Lanes from a push Clockwise – No diving		Boom	Anti-clockwise	Clockwise	Anti-clockwise	Clockwise	Anti-clockwise	Clockwise
4	Pace Lanes from a push Anti-clockwise – No diving								
3	Pace Lanes from a push Clockwise – No diving								
2	**Pace Lanes from a push Anti-clockwise – No diving								
1	**Sprint/Dive Lane – From Start End – Exit at Boom								
0	**Back Start Lane – From Start End – Exit at Boom								

\*\* These Sprint and Pace Lanes will open first

The Meet Director can change the lane allocation as appropriate.

### **Announcements**

Please listen carefully for announcements.

An announcement will be made at the start of the Warm-Up and as new Sprint and Pace Lanes become available.

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.