



WARM UP TIMES AND INSTRUCTIONS

Warmup Instructions for Round 2 of Age Group Championships 2020

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.

Warm-up Times

The warm-up times are as the following table. Each warm-up will comprise a period of general swimming with no diving followed by a period where diving and backstroke starts will be allowed in designated lanes.

Unless otherwise announced:

Rounds 2		General Warm-Up	Sprint/Dive Lanes	Session Start
Session 1 Saturday Morning	Boys	8:00 – 8:15 am	8:15 – 8:30 am	9:05 am
	Girls	8:30 – 8:45 am	8:45 – 9:00 am	
Session 2 Saturday Afternoon	Girls	12:15 – 12:30 pm	12:30 – 12:45 pm	1.20 pm
	Boys	12:45 – 1:00 pm	1:00 – 1.15 pm	
Session 3 Saturday Evening	All swimmers	4:15 – 4:40 pm	4:40 – 5:00 pm	5.05 pm
Session 4 Sunday Morning	Girls excl Aberdeen Dol	8:00 – 8:15 am	8:15 – 8:30 am	9:05 am
	Boys & Aberdeen Dolphin girls	8:30 – 8:45 am	8:45 – 9:00 am	
Session 5 Sunday Afternoon	Boys	12:15 – 12:30 pm	12:30 – 12:45 pm	1.20 pm
	Girls	12:45 – 1:00 pm	1:00 – 1.15 pm	
Session 6 Sunday Evening	All swimmers	4:15 – 4:40 pm	4:40 – 5:00 pm	5.05 pm

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.

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 5 will be for general swimming and no diving is permitted.

Sprint/Dive Lanes 6 to 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 Convenor can change the lane allocation as appropriate.

Start End		Turn End
9	Backstroke Sprint Lane – Starts from START to 25m marker →	
8	Sprint/Dive Lane – Starts from START end for full length of 50 pool – MUST exit pool at TURN end → → →	
7	Sprint/Dive Lane – Starts from START end for full length of 50 pool – MUST exit pool at TURN end → → →	
6	Sprint/Dive Lane – Starts from START end for full length of 50 pool – MUST exit pool at TURN end → → →	
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

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.