



# S.A.S.A North District

## Warm-up Information for Sprint Swimming Championships 2023

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 periods and follow the instructions of the announcers and warm-up supervisors.

Please note that the warm-up periods have been segregated by age and by sex to ensure we comply with the conditions of the facility. Age is swimming age ie age at 31 December, not age on day.

### 10 swimmers per lane is the maximum permitted

Both the competition pool and the swim down pool will be used for the warm-up. Please ensure that there is as even a spread of swimmers across each pool as possible.

All 10 x 25m lanes in the competition pool will be available for warm up sessions only.

9 x 25m lanes will be available in the swim down pool for warm-up, and for swim down throughout the competition. This facility may be withdrawn if necessary.

The diving pool is not available for this event as it is being used for other public activities. Please be aware of and be respectful towards other users.

## Warm-up Times

Each warm-up period will a period of general swimming where entry must be feet first (no starts or diving permitted), followed by a period where starts will be allowed in designated lanes.

Large paddles and fins are not permitted in any warm-up period. Please do not climb out over the pads.

All aspects of the warm-up periods are subject to operational changes if that becomes necessary.

Warm-up for Session 1		
0800 – 0820 Men and boys 13 and over	0820 – 0840 All swimmers aged 11 and 12	0840 – 0900 Women and girls 13 and over
Warm-up for Session 2		
1200 – 1220 Women and girls 13 and over	1220 – 1240 All swimmers aged 11 and 12	1240 – 1300 Men and boys 13 and over
Warm-up for Session 3		
All swimmers aged 11 – 14		All swimmers aged 15 and over

## General Warm-up

For the first ten minutes of each warm-up period, and unless designated as a sprint lane, 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 on the lane direction signs and as the diagram overleaf.

## Dive Start and Back Start Lanes

During each warm-up period, when ten minutes of general warm-up has passed, start lanes will be provided in Lanes 0, 8 and 9 with more lanes being used as demand dictates. Swimmers must exit the pool at the boom. Lanes will be allocated as follows:

- Lane 0 will be a backstroke start lanes with a backstroke starting device employed
- Lane 1 will be added as a backstroke start lane if demand dictates
- Lanes 8 and 9 will be dive start lanes – swimmers must exit at the boom
- Lanes 7 and 6 will be added as sprint/start lanes if demand dictates

Continuous swimming will be available in the non-competition pool throughout each warm-up period and in any lane that has not yet been allocated a start lane.



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Start End	Turn End	Swim Down Pool								
9	**Dive start lane – from start end – exit at boom	Boom	Anti-clockwise swimming	Clockwise swimming	Anti-clockwise swimming	Clockwise swimming	Anti-clockwise swimming	Clockwise swimming	Anti-clockwise swimming	Clockwise swimming
8	**Dive start lane – from start end – exit at boom									
7	Dive start lane – from start end – exit at boom									
6	Dive start lane – from start end – exit at boom									
5	Clockwise swimming									
4	Anti-clockwise swimming									
3	Clockwise swimming									
2	Anti-clockwise swimming									
1	Back start 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 Convenor can change the lane allocation as appropriate and that all warm-up arrangements are subject to change.

## 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.