**Warm-up Information**

**North District Age Group Swimming Championships incorporating**

**Midland District Swimming Championships 2024**

The warm-up periods are reserved for competitors taking part in the following session. Swimmers, coaches and team managers must follow this procedure and the instructions of the announcers and warm-up supervisors.

**20 swimmers per lane is the maximum permitted in each lane**

Swimmers and coaches must ensure that there is as even a spread of swimmers across the pool. If a warm-up is busy, swimmers may need to move to a different lane or wait for a quieter time.

The diving pool is not available for warm up or swim down at this Championships 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 be unsegregated, with a period of general swimming where no diving is permitted, then a period where diving and backstroke starts will be permitted in designated lanes.

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| **Day**  Saturday 10 February  Saturday 10 February  Saturday 10 February  Sunday 11 February  Sunday 11 February  Sunday 11 February | **Session No.**  Session 1  Session 2  Session 3  Session 4  Session 5  Session 6 | **General Warm Up**  0800 - 0820  1245 - 1305  1650 - 1705  0800 - 0820  1245 - 1305  1635 - 1650 | **Sprint/Dive/Pace**  0820 - 0900  1305 - 1345  1705 - 1735  0820 - 0900  1305 - 1345  1650 - 1720 | **Session Start**  0905  1350  1740  0905  1350  1725 |

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

**General Warm-up**

All lanes will be used for general swimming and race preparation with no diving from the start of the warm-up period until an announcement is made. Swimming will be in a clockwise direction 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 Lanes/Dive Lanes/Pace Lanes**

During each warm-up session, at the time stated, or as demand dictates, Sprint and Dive Lanes will be provided in Lanes 0, 1 and 9. This is to allow swimmers to leave the pool to make way for others.

Lanes 9 will be a backstroke start lane with a backstroke starting device employed, swimmers can exit at the 25m mark or continue to the turn end

Lanes 0 and 1 will be sprint/dive Lanes – swimmers in lane 0 must exit at the 25m mark, swimmers in lane 1 can exit at the 25m mark or continue to the turn end

Continuous swimming will be available throughout each warm-up period and in any lane that has not yet been allocated a start or dive lane. Pace lanes will be made available on request in morning sessions only.

**Announcements**

Please listen carefully for announcements. An announcement will be made at the start of the warm-up and as new start and dive 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.