



# S.A.S.A North District

## Warm-up Information for

### North District Open Swimming Championships 2024

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

Due to the number of swimmers in each session, both the competition pool and the non-competition 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 move to a different pool and/or wait for a quieter time.

### **12 swimmers per lane is the maximum permitted**

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 non-competition pool for warm up and swim down throughout the competition.

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

The warm-up times are planned as follows:

Day	Session No.	Warm up Start	Warm-up End	Session Start
Saturday 4 November	Session 1	0745	0900	0905
Saturday 4 November	Session 2	1220	1320	1325
Saturday 4 November	Session 3	1615	1730	1735
Sunday 5 November	Session 4	0745	0900	0905
Sunday 5 November	Session 5	1220	1320	1325
Sunday 5 November	Session 6	1615	1730	1735

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.

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

## 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 from the start of the warm-up period until twenty minutes has passed and an announcement is made.

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.



# S.A.S.A North District

## 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 non-competition 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	Boom	Anti-clockwise	Clockwise	Anti-clockwise	Clockwise	Anti-clockwise	Clockwise	Anti-clockwise	Clockwise
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									
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 Convenor 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.