Distance Meet 2025 Warm Ups

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 the warm-up periods and start practice in the competition pool have been segregated by club to ensure we comply with the conditions of the facility

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

4 x 25m lanes will be available in the non-competition pool throughout the meet. Please ensure the noise is kept to a minimum in this area and does not impact the competition pool.

 12 swimmers per lane is the maximum permitted in both pools

Please ensure that there is as even a spread of swimmers across the pool as possible.

 Warm-up Times:

 Each warm-up period in the competition pool will be 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 in the competition pool. Please do not climb out over the pads.

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

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.

Dive Starts:

 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.

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| **Session 1** | **Warm up 1 0900-0930**Garioch, Dyce, Bucksburn,Aberdeen, Stonehaven and Buckie | **Warm up 2: 0930-1000**UoAPS, Cults,Bridge of Don, Inverness, Shetland, Westhill, Ythan, Aberdeen Dolphins,Banchory,Alford Otters, Broch, Elgin,Nairn,Wick, Bon-Accord Thistle,Deveron, Lochaber, Orkney, Southmainland |
| **Session 2** | **Warm Up 1 1330-1400**Dyce, Garioch, Aberdeen, Shetland, Westhill and Bucksburn | **Warm Up 2: 1400-1430**UoAPS, Cults, Bridge of Don, Ythan, Aberdeen Dolphins, Inverness,Stonehaven,Buckie,Deveron, Alford Otters, Banchory, Broch, Elgin, Bon-Accord Thistle, Wick, Lochaber,Nairn, Orkney and South Mainland |
| **Session 3** | **Open warm up 0800-0900**All swimmers |  |