



## ***WARM UP TIMES AND INSTRUCTIONS***

### **General Instructions for Part 2 of Autumn Championships 2021 ASV**

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:

<b>Rounds 2</b>		General Warm-Up	Sprint/Dive Lanes	Session Start
Session 1 Saturday Morning	A list clubs	08.15am – 08.35 am	08.35am - 08.45 am	9.20am
	B list clubs	08.45am – 09.05am	09.05am – 09.15am	
Session 2 Saturday Afternoon	B list clubs	1.00pm – 1.20pm	1.20pm – 1.30pm	2.05pm
	A list clubs	1.30pm – 1.50pm	1.50pm – 2.00pm	
Session 3 Saturday Evening	All swimmers	5.30pm – 5.45pm	5.45pm– 6.00pm	6.05pm
Session 4 Sunday Morning	A list clubs	08.15am – 08.35 am	08.35am - 08.45 am	9.20am
	B list clubs	08.45am – 09.05am	09.05am – 09.15am	
Session 5 Sunday Afternoon	B list clubs	1.00pm – 1.20pm	1.20pm – 1.30pm	2.05pm
	A list clubs	1.30pm – 1.50pm	1.50pm – 2.00pm	
Session 6 Sunday Evening	All swimmers	5.30pm – 5.45pm	5.45pm– 6.00pm	6.05pm

#### **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 in both Tank 2 and the competition pool.

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.

All lanes in Tank 2 will be general swimming lanes and no diving is permitted.

#### **Competition Pool**

Lanes 0 and 1 will be pace lanes from a push and no diving is permitted

Sprint/Dive Lanes 2 - 7 – Diving and sprints are permitted from the start end for the 25m length of the pool – swimmers must exit the pool at the turn end

Backstroke Sprint Lanes 8 & 9 – Sprints are permitted from the start end for the 25m length of the pool – swimmers must exit the pool at the turn end

Backstroke start devices will be employed during the Sprint/Dive Period in lanes 8 & 9 only.

The Meet Convenor can change the lane allocation as appropriate.

#### **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.



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### **Diving Pit/25m Pool**

The diving pit/25m pool is not available for warm up or swim down during this meet. **Swim down will be allowed in Tank 2 provided it is kept quiet and does not disturb the competition pool.**

**Please note that warm-ups have been split by club to allow for easier entry into the building in the mornings in particular, and also bearing travel times in mind.**

A list clubs for warm ups are as follows:-

Aberdeen Dolphin  
Aberdeen  
Bridge of Don  
University of Aberdeen  
Dyce  
Cults Otters  
Bon Accord  
Bucksburn

B list clubs for warm ups are as follows:-

Garioch  
Banchory  
Westhill  
Broch  
Ythan  
Delting Dolphins  
Huntly  
Alford  
Deveron  
Stonehaven  
Silver City Blues  
Shetland