

Instructions for Round 1 of Age Group 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 period.

******* At all times the maximum number of swimmers permitted in a lane is #20 *******

Warm-up times

The scheduled warm-up times are below. Each warm-up will comprise a period of general swimming with no diving followed by a period where diving, backstroke starts, and pacing will be allowed in designated lanes.

| Session | | General warm-up | Sprint/dive/pace lanes | Session start |
|--|--------------|-----------------|------------------------|---------------|
| Session 1 - Friday 3 February - distance | All swimmers | 1650 - 1700 | 1700 - 1720 | 1725 |
| Session 2 - Saturday 4 February - AM heats | Women/girls | 0800 - 0810 | 0810 - 0830 | 0905 |
| | Men/boys | 0830 - 0840 | 0840 - 0900 | |
| Session 3 - Saturday 4 February - PM heats | Women/girls | 1205 - 1215 * | 1215 - 1230 * | 1310 * |
| | Men/boys | 1235 - 1245 * | 1245 - 1305 * | |
| Session 4 – Saturday 4 February – finals | All swimmers | 1630 - 1640 | 1640 - 1710 | 1715 |
| Session 5 - Sunday 5 February - AM heats | Men/boys | 0800 - 0810 | 0810 - 0830 | 0905 |
| | Women/girls | 0830 - 0840 | 0840 - 0900 | |
| Session 6 - Sunday 5 February - PM heats | Men/boys | 1205 - 1215 * | 1215 - 1230 * | 1310 * |
| | Women/girls | 1235 - 1245 * | 1245 - 1305 * | |
| Session 4 – Sunday 5 February – finals | All swimmers | 1630 - 1640 | 1640 - 1710 | 1715 |

* Times have been brought 10 minutes earlier from times in meet information

General warm-up period

An announcement will be made at the start of the 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. Large paddles and fins are not permitted in any warm-up period.

Sprint/dive/pace lanes period

An announcement will be made at the start of the sprint/dive/pace lane period 10 minutes into the general warm-up period as below:

Lane 0 – backstroke start lane - sprints are permitted from the start end to the 25m marker

Lanes 1 and 2 will be pace lanes from a push and no diving is permitted

Lanes 3 to 7 will be for general swimming and no diving is permitted

Lane 8 - sprint/dive lane - diving and sprints are permitted from the start end to the turn end

Lane 9 - sprint/dive lane - diving and sprints are permitted from the start end to the 25m marker

Further lanes **may** be added at the discretion of the Meet Convenor as appropriate or on request.

| Start End | Turn End |
|--|----------|
| 9 Sprint/dive lane – Starts from START end to 25m marker → | |
| 8 Sprint/dive lane – Starts from START end for full length of 50 pool – MUST exit pool at TURN end → → → | |
| 7 General Swimming Clockwise – No diving | |
| 6 General Swimming Anti-Clockwise – No diving | |
| 5 General Swimming Clockwise – No diving | |
| 4 General Swimming Anti-Clockwise – No diving | |
| 3 General Swimming Clockwise – No diving | |
| 2 Pace Lanes from a push Anti-Clockwise – No diving | |
| 1 Pace Lanes from a push Clockwise – No diving | |
| 0 Backstroke starts from START end to 25m marker → | |

End of warm-up period

An announcement will be made at the end of each warm-up period. At this time swimmers are to clear the pool.

Diving pit/25m pool

The diving pit/25m pool is not available for warm-up or swim down during this meet.

Note that this is an increase from the expected 18 per lane and must not be exceeded