S.A.S.A North District

North District Open Swimming Championships 2026

Warm-Up Information

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, we require swimmers, coaches and team managers to ensure that there is as even a spread of swimmers across the pool as possible.

12 swimmers per lane is the maximum permitted

Warm-up and Session Times

The warm-up times are planned as follows. Please note the change of start times for morning sessions, and the times for Session 6.

Day	Session	Period	Warm-Up Start	Warm-Up End	Session Start
Saturday 7 November 2026	Session 1	Female	0800	0835	0915
		Male & Open	0835	0910	
	Session 2	Male & Open	1230	1300	1335
		Female	1300	1330	
	Session 3	Male & Open	1630	1655	1725
		Female	1655	1720	
Sunday 8 November 2026	Session 4	Male & Open	0800	0835	0915
		Female	0835	0910	
	Session 5	Female	1230	1300	1335
		Male & Open	1300	1330	
	Session 6	Female	1600	1625	1655
		Male & Open	1625	1650	

Each warm-up will start with a period of general swimming where no diving is permitted, followed by a period where diving, starts and pacing 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 will be used for general swimming and race preparation with no diving until ten minutes has passed and an announcement is made.

Swimmers will swim clockwise in odd numbered lanes and anti-clockwise in even numbered lanes.

- Large paddles and fins are not permitted
- Please do not climb out over the pads

Sprint Lanes/Dive Lanes

When ten minutes of general warm-up has passed, a sprint lane from a dive will be provided in lane 8. This is to allow swimmers to complete their warm-up, and to leave the pool to make way for others. Swimming will be one way only, and swimmers must exit at the turn end.

As the warm-up progresses, as demand dictates, more lanes will be made available as sprint lanes.

- Lane 1 will be a backstroke start lane with a backstroke starting device employed
- Lane 7 will be a sprint lane from a dive etc

Continuous swimming will be available in any lane that has not yet been allocated a sprint or start lane pace.

Announcements

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