

Team Managers and Coaches are responsible in ensuring their swimmers have been briefed on this for their safety during warm up. The warm-up is reserved for competitors taking part in the competition. Swimmers, Coaches and Team Managers MUST follow instructions of the Warm-up Procedure during the warm-up period.

- Entry to the pool (except for Sprint Dive Lanes) must be feet first. Swimmers to swim **CLOCKWISE** in odd numbered lanes and **ANTI-CLOCKWISE** in even numbered lanes as shown below. Signs will indicate which way to swim in each lane.
- Paddles and Fins are not to be worn during warm up period.
- SNZ staff or the Technical Director can change the lane allocation as appropriate
- At the completion of the warm up swimmer are to exit the pool. (An announcement will be made 5 minutes prior to Warm-up finishing and at the completion of the Warm-up.)

### GENERAL SWIMMING AND RACE PREPARATION PERIOD

Lanes 8 is to be used for sprint starts from the start end of the pool and Lanes 1 and 2 can be used for pace swimming.

| Start End  | Turn End |
|--|----------|
| 8 <b>Sprint/Dive Lane</b> – Diving from the Start end for the full 25m → |          |
| 7 <b>CLOCKWISE</b> Swimming  |          |
| 6 <b>ANTI-CLOCKWISE</b> Swimming   |          |
| 5 <b>CLOCKWISE</b> Swimming  |          |
| 4 <b>ANTI-CLOCKWISE</b> Swimming   |          |
| 3 <b>CLOCKWISE</b> Swimming  |          |
| 2 Pace Lane  |          |
| 1 Pace Lane  |          |

### SPRINT/DIVE LANE PERIOD (30mins before end of warm up)

An announcement will be made for the start of the SPRINT/DIVE LANE Period. This period will see the addition of Backstroke start lane in Lane 7

| Start End   | Turn End |
|---|----------|
| 8 <b>Sprint/Dive Lane</b> – Diving from the Start end for the full 25m →                  |          |
| 7 <b>Backstroke Start</b> Sprint/Dive Lane – Diving from the Start end for the full 25m → |          |
| 6 <b>ANTI-CLOCKWISE</b> Swimming  |          |
| 5 <b>CLOCKWISE</b> Swimming   |          |
| 4 <b>ANTI-CLOCKWISE</b> Swimming  |          |
| 3 <b>CLOCKWISE</b> Swimming   |          |
| 2 Pace Lane   |          |
| 1 Pace Lane   |          |