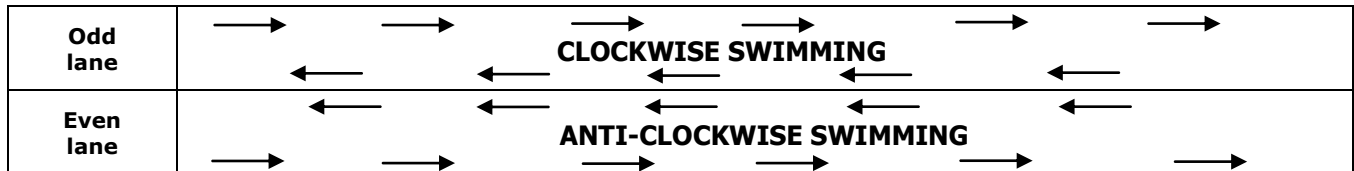


Warm Up Procedure

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.

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.



Warm-up Times

	General Preparation	Sprint/Dive Lane Period	Session Start time
Heats sessions	8.00am – 9.00am	9.00am – 9.50am	10.00am
Finals session day 1	5.00pm – 6.00pm	6.00pm – 6.30pm	7.00pm
All other Finals sessions	5.00pm – 6.00pm	6.00pm – 6.50pm	7.00pm

GENERAL SWIMMING AND RACE PREPARATION PERIOD

Lanes 9 can be used for dive/sprint and Lane 1&2 for pace swimming. Lane 0 is for use by Para Swimmers only for the full duration of the Warm Up period. All other lanes are for general swimming.

Start End

Turn End

9	Sprint/Dive Lane – Diving from the Start end for the full length of the pool
8	General Swimming
7	General Swimming
6	General Swimming
5	General swimming
4	General Swimming
3	General Swimming
2	Pace Lane
1	Pace Lane
0	Para Swimmers Only

SPRINT/DIVE LANE PERIOD

An announcement will be made for the start of the SPRINT/DIVE LANE Period. This period will see the addition of another sprint dive lane and an additional pace lane. All other lanes are for general swimming.

Start End

Turn End

9	Sprint/Dive Lane – Diving from the Start end for the full length of the pool
8	Sprint/Dive Lane – Diving from the Start end for the full length of the pool
7	General Swimming
6	General Swimming
5	General swimming
4	General Swimming
3	Pace Lane
2	Pace Lane
1	Pace Lane
0	Para Swimmers Only

Lane 4 in the warm up pool is designated for para swimmers only throughout the meet.

An announcement will be made 5 minutes prior to Warm-up finishing and at the completion of the Warm-up.

At this time swimmers are to clear the pool. SNZ staff, the Meet Director or Organising Committee Chair can change the lane allocation as appropriate.