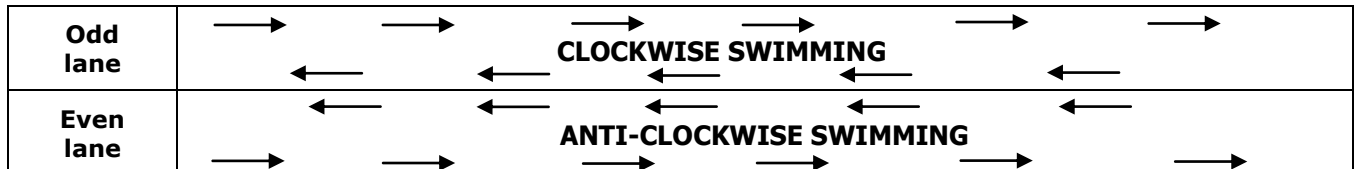


## Warm Up Procedure

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.

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.

In Sprint/Dive lanes backstrokers must line up to enter the water from the end of the pool when it is their turn. They cannot sit in the water awaiting their turn.



### Warm-up Times

|              | General Swimming | Sprint/Dive Lane Period | Session Start time |
|--------------|------------------|-------------------------|--------------------|
| Session 1    | 8.00am – 8.30am  | 9.00am – 9.50am         | 10.00am            |
| Sessions 2&4 | 3.00pm – 3.30pm  | 3.30pm – 3.50pm         | 4.00pm             |
| Sessions 3&5 | 8.00am – 8.30pm  | 8.30am-8.50am           | 9.00am             |

### GENERAL SWIMMING PERIOD

| Turn end | Start End   |
|----------|---|
| ←        | Sprint/Dive Lane – Diving from the Start end for the full 50m 9 |
|          | General Swimming 8  |
|          | General Swimming 7  |
|          | General Swimming 6  |
|          | General swimming 5  |
|          | General Swimming 4  |
|          | General Swimming 3  |
|          | General Swimming 2  |
|          | General Swimming 1  |
|          | Pace Lane 0   |

### SPRINT/DIVE LANE PERIOD

| Turn end | Start End   |
|----------|---|
| ←        | Sprint/Dive Lane – Diving from the Start end for the full 50m 9 |
| ←        | Sprint/Dive Lane – Diving from the Start end for the full 50m 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   |

An announcement will be made 5 minutes prior to Warm-up finishing and at the completion of the Warm-up. The programmes pool is available for warm up after the finish of the warm up period. **At this time swimmers are to clear the pool. The programmes pool is for warm up/warm down only, this is not a meeting place. SNZ staff, the Meet Director or Organising Committee can change the lane allocation as appropriate.**