

2016 New Zealand Short Course Championships



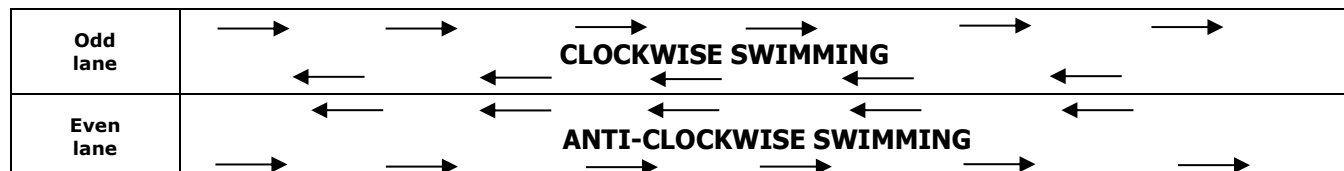
2-6 October | Auckland

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 Preparation	Sprint/Dive Lane Period	Session Start time
Morning Sessions	7.15am – 8.00am	8.00am – 8.50am	9.00am
Evening Sessions	4.15pm – 5.00pm	5.00pm – 5.50pm	6.00pm

GENERAL SWIMMING AND RACE PREPARATION PERIOD

Lanes 9 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. Lane 0 is for PARA swimmers for the full duration of the warm up period. All other lanes are for general swimming.

Start End

Turn End

9	Sprint/Dive Lane 9 – Diving from the Start end for the full 25m	→
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 Lane 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 in Lane 8 and an additional Pace Lane in lane 3.

Start End

Turn End

9	Sprint/Dive Lane 9 – Diving from the Start end for the full 25m	→
8	Sprint/Dive Lane 8 – Diving from the Start end for the full 25m	→
7	General Swimming	
6	General swimming	
5	General Swimming	
4	General Swimming	
3	Pace Lane	
2	Pace Lane	
1	Pace Lane	
0	Para Lane Only	

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 swimmer 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.**