# 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.

Odd lane	→ → → → → → CLOCKWISE SWIMMING ← ← ← ← ← ←
Even lane	← ← ← ← ← ← ANTI-CLOCKWISE SWIMMING → → → → → →
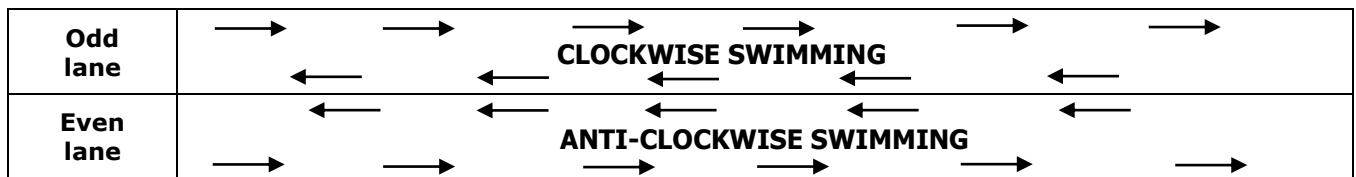
Warm-up Times

	General Swimming	Sprint/Dive Lane Period	Session Start time
Session 1	2.00pm – 3.00pm	3.00pm – 3.50pm	4.00pm
Session 2 & 4	7.00am – 7.30am	7.30am – 7.50am	8.00am
Session 3	3:00pm – 3:30pm	3:30pm – 3:50pm	4:00pm

GENERAL SWIMMING PERIOD

Turn end   Start End

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

SPRINT/DIVE LANE PERIOD

Turn end   Start End

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

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.**