

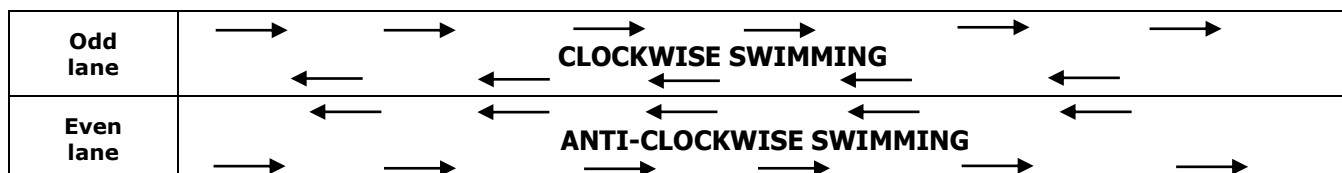
Warm Up Procedure

11 February 2017

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 Periods

Period	Time
General Swimming and Race Preparation Period	3.30pm – 4.10pm
Sprint/Dive Lane Period	4.10pm – 4.50pm

GENERAL SWIMMING AND RACE PREPARATION PERIOD

Lanes 9 can be used for dive/sprint and Lane 1&2 for pace swimming. 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 General Swimming	
1 Pace Lane	
0 Pace Lane	

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 General Swimming	
2 Pace Lane	
1 Pace Lane	
0 Pace Lane	

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.**