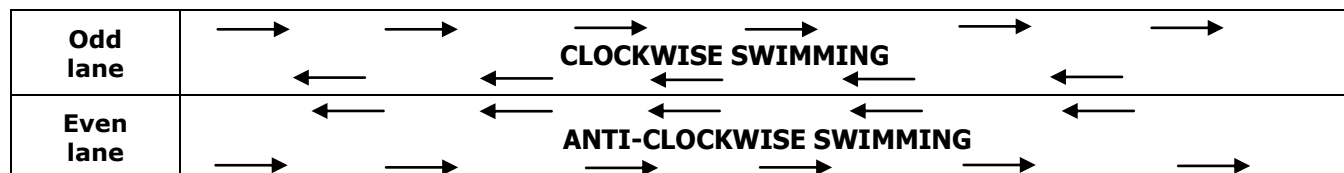


Warm Up Procedure

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
Session 1	8.00am – 8.15am	8.15am – 8.25am	8.30am
Session 2	3.00pm – 3.15pm	3.15pm – 3.25pm	3.30pm

GENERAL SWIMMING AND RACE PREPARATION PERIOD

Lanes 1 is to be used for sprint starts from the start end of the pool and Lanes 6 and 7 can be used for pace swimming. Lane 8 is for 10 and under and Novice swimmers for the full duration of the warm up period. All other lanes are for general swimming.

Start end

Turn End

1 Sprint/Dive Lane 1 – Diving from the Start end for the full 25m (no walk back go forward only)	→
2 General Swimming (No stopping in the Middle)	
3 General Swimming (No stopping in the Middle)	
4 General swimming (No stopping in the Middle)	
5 General Swimming (No stopping in the Middle)	
6 Pace Lane (No stopping in the Middle)	
7 Pace Lane (No stopping in the middle)	
8 UNDER 10 AND NOVICE SWIMMERS ONLY (No stopping in the Middle)	

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 2.

Start end

Turn End

1 Sprint/Dive Lane 1 – Diving from the Start end for the full length of the pool (No stopping in the Middle)	→
2 Sprint/Dive Lane 2 – Diving from the start end for the full length of the pool (No stopping in the Middle)	
3 General Swimming (No stopping in the Middle)	
4 General swimming (No stopping in the Middle)	
5 General Swimming (No stopping in the Middle)	
6 Pace Lane (No stopping in the Middle)	
7 Pace lane (No stopping in the Middle)	
8 UNDER 10 AND NOVICE SWIMMERS ONLY	

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. The Meet Director or Organising Committee Chair can change the lane allocation as appropriate.**

Nayland Park

As per Diagram above.

ASB Centre

As per Diagram above.

Stadium 2000 Blenheim

As per Diagram above.

Hampden Street School & Other Six Lane Pools

All six lanes General Warm up.

Lanes One & Two Dive & Sprint lanes only for last Twenty Minutes of warm up.

Lanes Five & Six for Under 10 & Novices Swimmers only for last Twenty Minutes of warm up.

The Meet Director & Referee to rearrange Lanes Outside these Procedures as necessary.

