

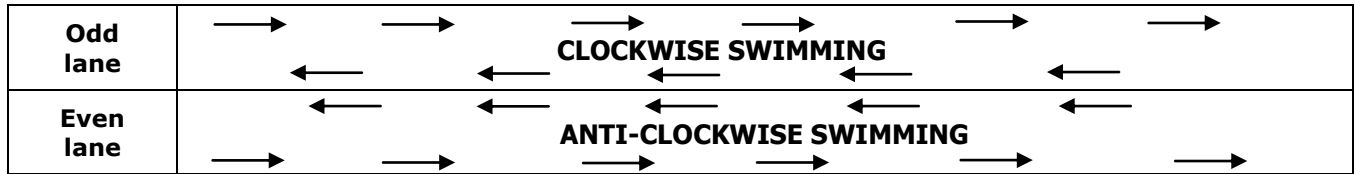
Warm Up Procedure for SNM Meets

Nayland Park and Richmond Aquatic Centre

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.**

Feet first entry to pool at all times except in Dive/Sprint lanes. 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.

Dangerous or disrespectful behaviour during the warm-up, including non-compliance with the warm up procedure, will be subject to consequences, including **possible disqualification from one or more events.**



Warm-up Times

	General Preparation	Sprint/Dive Lane Period	Session Start time
Session 1	To be filled in for each meet		
Session 2			

GENERAL SWIMMING AND RACE PREPARATION PERIOD

Lane 1 is to be used for Dive/Sprint starts. Lane 2 is a Pace lane. Lanes 3 to 7 are for General Swimming. Lane 8 is for General Swimming and is reserved for 10 & Under and Novice swimmers for the duration of the Warm up.

Start end

Turn End

1 Sprint/Dive Lane 1 – Diving from the Start end – please exit the lane promptly after completing your sprint	→
2 Pace Lane	
3 General Swimming	
4 General Swimming	
5 General Swimming	
6 General Swimming	
7 General Swimming	
8 General Swimming - 10 & UNDER AND NOVICE SWIMMERS ONLY	

DIVE/SPRINT LANE PERIOD

An announcement will be made at the beginning of Dive/Sprint lane Period. Lane 2 will become a second Dive/Sprint lane. Lanes 3 & 4 will become Pace lanes. Lane 8 will become a Dive/Sprint lane reserved for 10 & Under and Novice swimmers only. Lanes 5 to 7 remain as General Swimming lanes.

Start end

Turn End

1 Dive/Sprint Lane 1 – Diving from the Start end – please exit the lane promptly after completing your sprint.	→
2 Dive/Sprint Lane 2 – Diving from the Start end – please take care when you are crossing lane 1 after you complete your sprint	
3 Pace Lane	
4 Pace Lane	
5 General Swimming	
6 General Swimming	
7 General Swimming	
8 Dive/Sprint Lane – 10 & UNDER AND NOVICE SWIMMERS ONLY	

An announcement will be made 5 minutes prior to Warm up finishing and again at the end of Warm up. Please clear the pool promptly after Warm up is finished.

See notes on next page

Warm Up Procedure for SNM Meets

Stadium 2000 – Blenheim

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.**

Feet first entry to pool **at all times except in Dive/Sprint lanes. Swimmers to swim CLOCKWISE in odd numbered lanes** and ANTI-CLOCKWISE in even numbered lanes. Signs will indicate which way to swim.

Dangerous or disrespectful behaviour during the warm-up, including non-compliance with the warm up procedure, will be subject to consequences, including **possible disqualification from one or more events.**

Warm-up Times

	General Preparation	Sprint/Dive Lane Period	Session Start time
Session 1			
Session 2	To be filled in		
Session 3	for each meet		
Session 4			

GENERAL SWIMMING AND RACE PREPARATION PERIOD

Lane 9 is to be used for Dive/Sprint starts. Lane 8 is a Pace lane. Lanes 2 to 7 are for General Swimming. Lanes 0 and 1 are for 10 & Under and Novice swimmers for the full duration of the warm up. (For meets without 10 & under swimmers, Lanes 0 and 1 will be general swimming only, no diving.)

Start end

Turn End

9 Dive/Sprint Lane Diving from start end - please exit the lane promptly after completing full length your sprint
8 Pace Lane (No diving)
7 General Swimming (No diving)
6 General Swimming (No diving)
5 General swimming (No diving)
4 General Swimming (No diving)
3 General Swimming (No diving)
2 General Swimming (No diving)
1 General Swimming 10 & UNDER AND NOVICE SWIMMERS ONLY (No diving)
0 General Swimming 10 & UNDER AND NOVICE SWIMMERS ONLY (No diving)

SPRINT/DIVE LANE PERIOD

An announcement will be made for the start of the SPRINT/DIVE LANE Period; use Lanes 1, 8 and 9.

Start end

Turn End

9 Dive/Sprint- Diving from start end - please exit the lane promptly after completing full length your sprint
8 Dive/Sprint- Diving from the start end for the full length of the pool - please take care when you are crossing lane 9 after you complete your sprint
7 Pace Lane (No diving)
6 Pace Lane (No diving)
5 General swimming (No diving)
4 General Swimming (No diving)
3 General Swimming (No diving)
2 General Swimming (No diving)
1 Dive/Sprint Lane 10 & UNDER AND NOVICE SWIMMERS ONLY
0 General Swimming 10 & UNDER AND NOVICE SWIMMERS ONLY (No diving)

The 6 lane pool is only available with consent of Stadium Lifeguards and if prearranged for meet.

See notes on next page

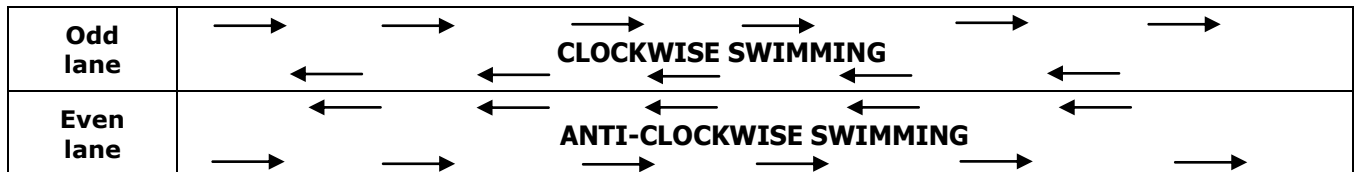
Warm Up Procedure for SNM Meets

Hampden Street School & Other Six Lane Pools

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.**

Feet first entry to pool at all times except in Dive/Sprint lanes. 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.

Dangerous or disrespectful behaviour during the warm-up, including non-compliance with the warm up procedure, will be subject to consequences, including **possible disqualification from one or more events.**



Warm-up Times

	General Preparation	Sprint/Dive Lane Period	Session Start time
Session 1	To be filled in for each meet		
Session 2			

GENERAL SWIMMING PERIOD

All lanes are for General Swimming for 11 & Over. Younger swimmers are encouraged to wait until the Dive/Sprint period.

Start end

Turn End

1 General Swimming (No diving)	→
2 General Swimming (No diving)	
3 General Swimming (No diving)	
4 General Swimming (No diving)	
5 General Swimming (No diving)	
6 General Swimming (No diving)	

DIVE/SPRINT LANE PERIOD

An announcement will be made at the beginning of Dive/Sprint lane Period. Lanes 1 & 2 become Dive/Sprint lanes. Lane 3 becomes a Pace lane. Lane 4 remains General Swimming. Lanes 5 and 6 are reserved for 10 & Under and Novice swimmers only.

Start end

Turn End

1 Dive/Sprint Lane 1 – Diving from the Start end – please exit the lane promptly after completing your sprint.	→
2 Dive/Sprint Lane 2 – Diving from the Start end – please take care when you are crossing lane 1 after you complete your sprint	
3 Pace Lane	
4 General Swimming	
5 General Swimming - 10 & UNDER AND NOVICE SWIMMERS ONLY	
6 General Swimming - 10 & UNDER AND NOVICE SWIMMERS ONLY	

An announcement will be made 5 minutes prior to Warm up finishing and again at the end of Warm up. Please clear the pool promptly after Warm up is finished.

Warm Up Procedure for SNM Meets

Other matters

1. Dangerous or disrespectful behaviour during the warm-up, including non-compliance with the warm up procedure, will be subject to consequences. Sanctions may include disqualification from one or more events.
2. Each lane should have clear signage indicating what the lane can be used for. This should be changed as necessary at the start of the Dive/Sprint period.
3. A Warmup Supervisor should be appointed to oversee warmup, including—
 - a. Explain procedure to swimmers if required
 - b. Identify anyone not following procedure and advise them to comply immediately
 - c. Warn repeat offenders of possible sanctions for non-compliance
 - d. Resolve any differences that arise over interpretation of the procedure; notify Meet Director or Referee if unable to resolve the issue
 - e. Notify the Meet Director or Referee of any repeat offenders and of any dangerous or disrespectful behaviour.
4. The Meet Director or Referee may sanction repeat offenders and any dangerous or disrespectful behaviour during the warm-up as per FINA and meet rules.
5. The Meet Director or Referee may adjust the procedure during a meet if doing so is necessary to protect the health and safety of swimmers.
 - a. Changes shall be discussed with team managers and coaches prior to a decision being made.
 - b. Changes shall be made prior to the start of Warmup for a given session. (No changes are to be introduced during a warm up session.) Lane signage shall be adjusted accordingly.

Distribution

1. This procedure is to be posted on the SNM website and circulated to clubs and coaches.
2. Clubs are encouraged to practice the warm up procedure prior to meets.