

# Meet Warm-Up Procedures

Coaches and athletes are asked to cooperate with these procedures to give every competitor the best opportunity to prepare for their events.

In the interests of swimmer safety, the following pool procedures must be observed throughout the warm-up periods. Warm-ups to be split into two distinct periods.

## **Period 1 – Generic (initial 10-15 minutes of each warm up session)**

<b>Scoreboard</b>			<b>Changing Room</b>	
Feet First	Lane 1	Clockwise	Lane 1	Feet First
Feet First	Lane 2	Anticlockwise	Lane 2	Feet First
Feet First	Lane 3	Clockwise	Lane 3	Feet First
Feet First	Lane 4	Anticlockwise	Lane 4	Feet First
Feet First	Lane 5	Clockwise	Lane 5	Feet First
Feet First	Lane 6	Anticlockwise	Lane 6	Feet First
Feet First	Lane 7	Clockwise	Lane 7	Feet First
Feet First	Lane 8	Anticlockwise	Lane 8	Feet First

All 8 lanes to be used for generic swimming purposes for the designated length of time.

Pool entry must be 'feet first'. There will be no diving during this period.

Swimmers must observe the alternate 'clockwise – anticlockwise' lane discipline.

Paddles & fins are not permitted in the main pool during warm-up or the small warm down pool.

Swimmers should exit the pool at the side and not over the timing pads.

## Period 2 – Race Specific

(5-10 minutes towards the end of the warm up – listen for announcements)

Scoreboard			Changing Room	
Dive	Lane 1	Starts & Sprints	Lane 1	No Entry
Dive	Lane 2	Starts & Sprints	Lane 2	No Entry
Dive	Lane 3	Starts & Sprints	Lane 3	No Entry
Dive	Lane 4	Starts & Sprints	Lane 4	No Entry
Dive	Lane 5	Starts & Sprints	Lane 5	No Entry
Dive	Lane 6	Starts & Sprints	Lane 6	No Entry
Dive	Lane 7	Starts & Sprints	Lane 7	No Entry
Dive	Lane 8	Starts & Sprints	Lane 8	No Entry

All Lanes in the Championship Pool may be used for sprints with a dive entry from the Scoreboard End only.

Turning boards may be available, please listen or announcements.

Swimmer must not exit the pool before the 10m mark.

Coaches, Team Managers & swimmers are to listen and adhere to the announcements with regards to the lanes being opened for sprints towards the end of the warm up.

At the conclusion of the Warm-up period, Coaches and Team Managers are asked to have their swimmers leave the pool promptly when requested to do so, so as not to delay the start of the next warm up or event.

Once the events are underway the small pool underneath the bridge will be available for warm down only. No paddles or fins are to be used and absolutely no diving is permitted. Coaches and Team Managers please ensure your swimmers are aware of this. Any swimmers not using this pool appropriately will be asked to leave the pool by the life guards or any of the events management team or official.

Thank you.

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