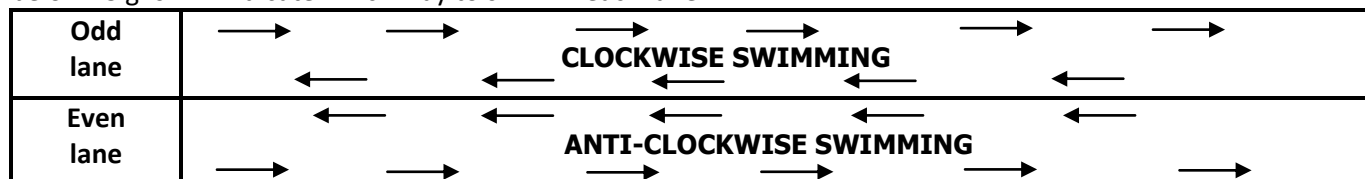


The Warm-up is reserved for competitors taking part in the Meet. **Swimmers, Coaches and Team Managers MUST follow instructions of the Warm-up Procedure during the warm-up period.**

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

The warm-up for each session will run as detailed below

Session	Warm-up time	SPRINT/DIVE LANES period	Session Start time
1	5.30pm – 6.10pm	5.45pm – 6.10pm	6.15pm
2 & 4.	7.45am – 8.25am	8.00am – 8.25am	8.30am
3	3.15pm – 3.55pm	3.30pm – 3.55pm	4.00pm
5	1.30pm – 1.55pm	1.40pm – 1.55pm	2.00pm

General swimming and race preparation period

ALL lanes to be used for general swimming and race preparation with no diving until the SPRINT/ DIVE lanes are in place; feet first entry **ONLY** in all lanes until then. Lane 1 is for 10 & under swimmers **ONLY**.

SPRINT/ DIVE LANES

An announcement will be made for the start of the SPRINT/DIVE period.

Sprint / Dive - Diving and sprints to the 25m bulkhead is permitted in SPRINT/ DIVE LANES.

The allocation of lanes in the SPRINT/DIVE period will be as detailed below and in the diagram.

Signs will indicate what is happening in each lane.

- Lane 8 will be a SPRINT/ DIVE LANE from the START end.
- Lanes 6 and 7 will be pace lanes with **NO DIVING**
- Lanes 3, 4 and 5 will be general swimming lanes with **NO DIVING**
- Lane 2 will be a SPRINT/ DIVE LANE from the START end.
- Lane 1 will be SPRINT/ DIVE LANE for 10 & under 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. Meet Director or referee can change the lane allocation as appropriate.

Start end

Turn End

8	SPRINT/ DIVE LANE – Diving from this end for the length of 25m pool – MUST exit pool at bulk head end →
7	Pace lane for last 20 minutes of warm up
6	Pace lane for last 20 minutes of warm up
5	General swimming
4	General swimming
3	General swimming
2	SPRINT/ DIVE LANE – Diving from this end for the length of 25m pool – MUST exit pool at bulk head end →
1	10 and under swimmers ONLY - General swimming until SPRINT/ DIVE LANE period begins.

Please note:

- **No swimmers are to exit the pool over the touch pads.**
- **Session 1:Shallow end Lanes 1-6 will be also available for general swimming Warm up**
- **Session 2-5:All Shallow end Lanes will be available for general swimming Warm up**