

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.
- Paddles and Fins are not to be worn during warm up period.
- SNZ staff or the Technical Director can change the lane allocation as appropriate
- At the completion of the warm up swimmer are to exit the pool. (An announcement will be made 5 minutes prior to Warm-up finishing and at the completion of the Warm-up.)

GENERAL SWIMMING AND RACE PREPARATION PERIOD

Lanes 9 is to be used for sprint starts from the start end of the pool and Lanes 0 and 1 can be used for pace swimming.

Start End

Turn End

9	Sprint/Dive Lane – Diving from the Start end for the full 50m →
8	ANTI-CLOCKWISE Swimming
7	CLOCKWISE Swimming
6	ANTI-CLOCKWISE Swimming
5	CLOCKWISE Swimming
4	ANTI-CLOCKWISE Swimming
3	CLOCKWISE Swimming
2	ANTI-CLOCKWISE Swimming
1	Pace Lane
0	Pace Lane

SPRINT/DIVE LANE PERIOD (30mins before end of warm up)

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 8 and an additional Pace Lane in lane 2.

Start End

Turn End

9	Sprint/Dive Lane – Diving from the Start end for the full 50m →
8	Backstroke Start Sprint/Dive Lane – Diving from the Start end for the full 50m →
7	CLOCKWISE Swimming
6	ANTI-CLOCKWISE Swimming
5	CLOCKWISE Swimming
4	ANTI-CLOCKWISE Swimming
3	CLOCKWISE Swimming
2	Pace Lane
1	Pace Lane
0	Pace Lane