

## Warm up procedure – Short Course, 6 lane pool

Updated – October 2020

- Swimmers, coaches and Team Managers **MUST** follow instructions of the Warm-Up Procedure during the warm-up period.
- The warm-up is reserved for competitors taking part in the Competition.
- Feet first entry only unless using a sprint/dive lane.
- Swimmers to swim **CLOCKWISE** in both odd numbered and even numbered as shown in the diagrams below.
- Clubs will be split into two (2) 20-minute warm up groups, with Clubs to be notified beforehand of which group they will be allocated to.
- An announcement will be made 5 minutes prior to each warm-up group finishing.
- Another announcement will be made at the completion of the warm-up group sessions.
- At this time swimmers are to clear the pool immediately.

**NB: The Technical Director has the right to change the lane allocation if required.**

### Warm-up Times

The warm-up for each session shall run as detailed in the meet information as follows:

	Warm-up time	Session start times
Session 1	9.00 - 9.20am / 9.25 – 9.45am	10.00am

\* 2 warm up groups (20 minute slots) – Clubs in each groups to be notified beforehand

LANE 6	SPRINT / DIVE – DIVE FROM START END – MUST EXIT POOL AT TURN END
LANE 5	GENERAL SWIMMING - CLOCKWISE
LANE 4	GENERAL SWIMMING - CLOCKWISE
LANE 3	GENERAL SWIMMING - CLOCKWISE
LANE 2	GENERAL SWIMMING - CLOCKWISE
LANE 1	SPRINT / DIVE – DIVE FROM START END – MUST EXIT POOL AT TURN END

ODD LANE	CLOCKWISE SWIMMING
EVEN LANE	CLOCKWISE SWIMMING