

# 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

Scoreboard End		Race Pool	Boom	
Feet First	Lane 1	Clockwise	Lane 1	No Entry
Feet First	Lane 2	Anticlockwise	Lane 2	No Entry
Feet First	Lane 3	Clockwise	Lane 3	No Entry
Feet First	Lane 4	Anticlockwise	Lane 4	No Entry
Feet First	Lane 5	Clockwise	Lane 5	No Entry
Feet First	Lane 6	Anticlockwise	Lane 6	No Entry
Feet First	Lane 7	Clockwise	Lane 7	No Entry
Feet First	Lane 8	Anticlockwise	Lane 8	No Entry

Entrance End		Swim Down Pool	Boom	
Feet First	Lane 1	Clockwise	Lane 1	No Entry
Feet First	Lane 2	Anticlockwise	Lane 2	No Entry
Feet First	Lane 3	Clockwise	Lane 3	No Entry
Feet First	Lane 4	Anticlockwise	Lane 4	No Entry
Feet First	Lane 5	Clockwise	Lane 5	No Entry
Feet First	Lane 6	Anticlockwise	Lane 6	No Entry
Feet First	Lane 7	Clockwise	Lane 7	No Entry
Feet First	Lane 8	Anticlockwise	Lane 8	No Entry

1. Both Race Pool (Scoreboard end) and Warm Down Pool (Entrance end) to be used for warm up.
2. All 8 lanes to be used for generic swimming purposes for the designated length of period 1.
3. Pool entry must be ‘feet first’ from the scoreboard end or Entrance end only. There will be no diving during this period.
4. Swimmers must observe the alternate ‘clockwise – anticlockwise’ lane circling.
5. Paddles are not permitted in the pools during warm-up or swim down periods.
6. Swimmers should exit the pool at the side and not over the timing pads.

**Period 2 – Race Specific**

<b>Scoreboard End</b>	<b>Race Pool</b>	<b>Boom</b>
Dive	Lane 1	<<<<<25m Sprints
Dive	Lane 2	<<<<<25m Sprints
Dive	Lane 3	Clockwise
Feet First	Lane 4	Anticlockwise
Feet First	Lane 5	Clockwise
Dive	Lane 6	Anticlockwise
Dive	Lane 7	<<<<<25m Sprints
Dive	Lane 8	<<<<<25m Sprints

*Swimmers in Lanes 1, 2, 7 & 8 must exit the Pool at the Boom end*

<b>Entrance End</b>	<b>Warm Down Pool</b>	<b>Boom</b>
Feet First	Lane 1	Clockwise
Feet First	Lane 2	Anticlockwise
Feet First	Lane 3	Clockwise
Feet First	Lane 4	Anticlockwise
Feet First	Lane 5	Clockwise
Feet First	Lane 6	Anticlockwise
Feet First	Lane 7	Clockwise
Feet First	Lane 8	Anticlockwise

- 1. Lanes 1, 2, 7 & 8 in the Race Pool may be used for 25m sprints with a dive entry from the Scoreboard End of the pool. Swimmers must exit the pool immediately at the Boom end. Swimming back to the end of the pool is not permitted.**
- 2. Swimmers should exit the pool at the side and not over the timing pads.**
- 3. Additional Sprint lanes will be announced depending on demand.**
- 4. At the conclusion of the Warm-Up period, coaches and Team Managers are asked to have their team members leave the pool promptly when requested to do so.**

## Saturday 21<sup>st</sup> October 2018

<b>08.00 Warm Up</b>			
<b>08.00 – 08.30</b>	<b>All Boys</b>	<b>Warm Down Pool All Lanes</b>	<b>Generic – Continuous Swimming</b>
<b>08.00 – 08.15</b>	<b>All Boys</b>	<b>Race Pool All Lanes</b>	<b>Continuous swimming till race specific requested</b>
<b>08.15 – 08.25</b>	<b>All Boys</b>	<b>Race Pool Lanes 1, 2, 3, 6, 7 &amp; 8</b>	<b>Race Specific diving</b>
<b>08.30 – 9.00</b>	<b>All Girls</b>	<b>Warm Down Pool All Lanes</b>	<b>Generic – Continuous Swimming</b>
<b>08.30 – 08:45</b>	<b>All Girls</b>	<b>Race Pool All Lanes</b>	<b>Generic – Continuous Swimming</b>
<b>08:45 – 8.55</b>	<b>All Girls</b>	<b>Race Pool Lanes 1, 2, 3, 6, 7 &amp; 8</b>	<b>Race Specific</b>

<b>TBC Warm Up</b>			
<b>TBC</b>	<b>MIXED</b>	<b>Warm Down Pool All Lanes</b>	<b>Generic – Continuous Swimming</b>
<b>TBC</b>	<b>MIXED</b>	<b>Race Pool All Lanes</b>	<b>Generic – Continuous Swimming</b>
<b>TBC</b>	<b>MIXED</b>	<b>Race Pool Lanes 1, 2, 3, 6, 7 &amp; 8</b>	<b>Race Specific</b>

## Sunday 22<sup>nd</sup> October 2018

<b>08.00 Warm Up</b>			
<b>08.00 – 08.30</b>	<b>All Girls</b>	<b>Warm Down Pool All Lanes</b>	<b>Generic – Continuous Swimming</b>
<b>08.00 – 08.15</b>	<b>All Girls</b>	<b>Race Pool All Lanes</b>	<b>Generic – Continuous Swimming</b>
<b>08.15 – 08.25</b>	<b>All Girls</b>	<b>Race Pool Lanes 1, 2, 3, 6, 7 &amp; 8</b>	<b>Race Specific</b>
<b>08.30 – 9.00</b>	<b>All Boys</b>	<b>Warm Down Pool All Lanes</b>	<b>Generic – Continuous Swimming</b>
<b>08.30 – 08:45</b>	<b>All Boys</b>	<b>Race Pool All Lanes</b>	<b>Generic – Continuous Swimming</b>
<b>08:45 – 8.55</b>	<b>All Boys</b>	<b>Race Pool Lanes 1, 2, 3, 6, 7 &amp; 8</b>	<b>Race Specific</b>

<b>TBC Warm Up</b>			
<b>TBC</b>	<b>MIXED</b>	<b>Warm Down Pool All Lanes</b>	<b>Generic – Continuous Swimming</b>
<b>TBC</b>	<b>MIXED</b>	<b>Race Pool All Lanes</b>	<b>Generic – Continuous Swimming</b>
<b>TBC</b>	<b>MIXED</b>	<b>Race Pool Lanes 1, 2, 3, 6, 7 &amp; 8</b>	<b>Race Specific</b>