



Warm Up Procedure – Stadium 2000, Blenheim

The warmup is reserved for competitors taking part in the competition. **Swimmers, Coaches and Team Mangers MUST follow instructions of the warm-up procedure during the warmup period.**

Feet first entry to pool **at all times except in Dive/Sprint lanes. Swimmers to swim CLOCKWISE in odd numbered lanes and ANTI-CLOCKWISE** in even numbered lanes. Signs will indicate which way to swim.

Dangerous or disrespectful behaviour during the warm-up, including non-compliance with the warm-up procedure, will be subject to consequences, including **possible disqualification from one or more events.**

Warm-up times

	General Preparation	Sprint/Dive Lane Period	Session Start Time
Session 1	4:00pm	4:20pm	4:40pm
Session 2	7:00am	7:20am	7:30pm
Session 3	4:00pm	4:20pm	4:40pm

GENERAL SWIMMING AND RACE PREPARATION PERIOD

Lanes 8 & 9 are to be used for Dive/Sprint starts. Lane 6 & 7 are pace lanes. Lanes 1 to 5 are for general swimming only, no diving & Lane 0 is for para-athletes only.

Start end

Turn End

9 Dive/Sprint Lane Diving from start end. Exit lane promptly after completing full length of your sprint
8 Dive/Sprint Lane Diving from start end. Exit lane promptly after completing full length of your sprint
7 Pace lane (No diving)
6 Pace lane (No diving)
5 General Swimming (No diving)
4 General Swimming (No diving)
3 General Swimming (No diving)
2 General Swimming (No diving)
1 General Swimming (No diving)
0 Para Swimming only (No diving)



SPRINT/DIVE LANE PERIOD

An announcement will be made for the start of the SPRINT/DIVE LANE Period; use Lanes 1, 8 and 9.

Start end

Turn End

9 Dive/Sprint Lane Diving from start end. Exit lane promptly after completing full length of your sprint
8 Dive/Sprint Lane Diving from start end for the full length of the pool – please take care when you are crossing lane 9 after you complete your sprint.
7 Pace lane (No diving)
6 Pace lane (No diving)
5 General Swimming (No diving)
4 General Swimming (No diving)
3 General Swimming (No diving)
2 General Swimming (No diving)
1 Dive/Sprint Lane Diving from start end for the full length of the pool – please take care when you are crossing lane 0 after you complete your sprint.
0 Para Swimming ONLY (No diving)

All other pools are not available.