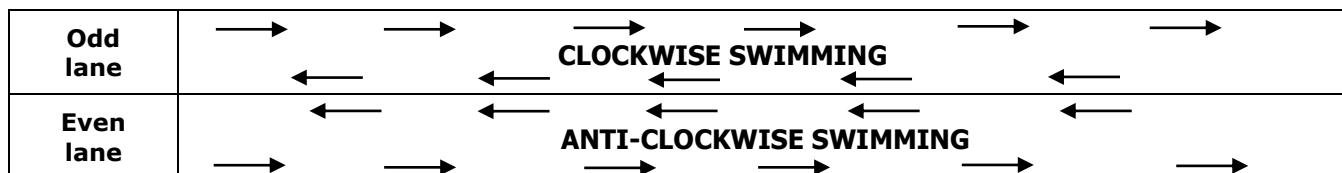


Warm-up Procedure - 2021

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.**

Feet first entry to pool at all times except from the starting blocks in Dive/Sprint lanes. 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.

Dangerous or disrespectful behaviour during the warm-up, including non-compliance with the warmup 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 – Sat am	0715-0730	0730-0755	0800
Session 2 – Sat pm	1515-1530	1530-1555	1600
Session 3 – Sun am	0715-0730	0730-0755	0800
Session 4 – Sun pm	1415-1430	1430-1455	1500

GENERAL SWIMMING AND RACE PREPARATION PERIOD

Lane 8 is to be used for Dive/Sprint starts. Lane 7 is a Pace lane. Lanes 2 to 6 are for General Swimming. Lane 1 is for General Swimming and is reserved for 10 & Under and Novice swimmers for the duration of the Warmup.

Start end

Turn End

1 General Swimming - 10 & UNDER AND NOVICE SWIMMERS ONLY	→
2 General Swimming	
3 General Swimming	
4 General Swimming	
5 General Swimming	
6 General Swimming	
7 Pace Lane	
8 Sprint/Dive Lane 1 – Diving from the Start end – please exit the lane promptly after completing your sprint	

DIVE/SPRINT LANE PERIOD

An announcement will be made at the beginning of Dive/Sprint lane Period. Lane 7 will become a second Dive/Sprint lane. Lanes 5 & 6 will become Pace lanes. Lane 1 will become a Dive/Sprint lane reserved for 10 & Under and Novice swimmers only. Lanes 2 to 4 remain as General Swimming lanes.

Start end

Turn End

1 Dive/Sprint Lane – 10 & UNDER AND NOVICE SWIMMERS ONLY	→
2 General Swimming	
3 General Swimming	
4 General Swimming	
5 Pace Lane	
6 Pace Lane	
7 Dive/Sprint Lane 2 – Diving from the Start end – please take care when you are crossing lane 1 after you complete your sprint	
8 Dive/Sprint Lane 1 – Diving from the Start end – please exit the lane promptly after completing your sprint.	

An announcement will be made 5 minutes prior to Warm up finishing and again at the end of Warm up. Please clear the pool promptly after Warm up is finished.