

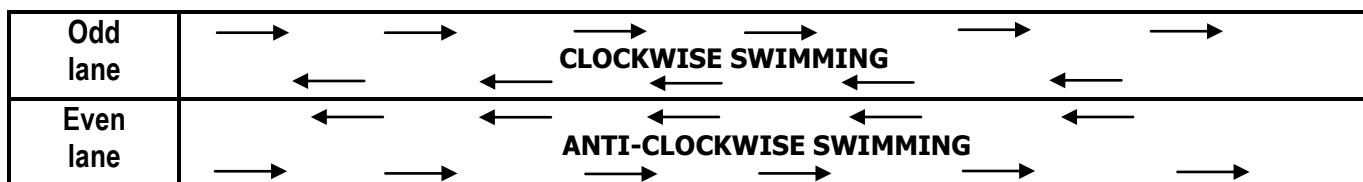
# SCWC Warm-up Procedure – Jellie Park pool – 25m short course

Dated: 17 Sept 2013

The Warm-up is reserved for competitors taking part in the Meet. Coaches and Team Managers must ensure their swimmers follow the procedures detailed below. Meet Directors and officials are not responsible for overseeing the warm-up.

**In the interest of safety Swimmers, Coaches, and Team Managers MUST follow the Warm-up procedure at all meets at Jellie Park Pool.**

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.



## Warm-up Times

The warm-up for each session will run as detailed below, or adjusted accordingly by the meet organiser

	Warm-up time	SPRINT/DIVE LANES period	Session Start time
session 1	11.00 – 11.40am	11.20 – 11.40am	11.45am
session 1	9.00 – 9.40am	9.20 – 9.40am	9.45am

## General swimming and race preparation period

**ALL** lanes to be used for general swimming and race preparation with no diving until the SPRINT/ DIVE lanes are in place; feet first entry **ONLY** in all lanes until then.

An announcement will be made when the sprint/dive lanes are open.

**SPRINT/ DIVE LANES** – Diving and sprints the full 25m is permitted in SPRINT/ DIVE LANES during the sprint/dive period only.

## TURN ZONES – NO DIVING.

Swimmers must enter the pool at the half way mark and swim into and off the wall at **EITHER END** for turning practice.

**The allocation of lanes in the SPRINT/DIVE and TURN ZONE period will be as detailed below and in the diagram.**

Signs will indicate what is happening in each lane.

- Lane 8 will be for 10 yrs & under swimmers only with Para Swimmers at the discretion of the Referee
- Lanes 3 & 4 will be pace lanes with **NO DIVING**
- Lanes 5 & 6 will be general swimming lanes with **NO DIVING**
- Lanes 2 & 7 will be SPRINT/ DIVE LANES from the START END. **NO DIVING IS PERMITTED IN ANY OTHER LANE**
- Lane 1 will be a TURN ZONE from **EITHER** end. Swimmers swim into and off of the wall finish at ½ way **NO DIVING**

An announcement will be made 5 minutes prior to Warm-up finishing.

Another announcement will be made at the completion of the Warm-up. **At this time swimmers are to clear the pool. Meet Director can change the lane allocation as appropriate.**

For last 20 minutes of warm up, or whatever timeframe meet organiser allocates, the sprint/dive lanes are as follows:

Spa pool / start side	Turn/hydroslide end
Lane #	
8 10 yrs and Under swimmers only with Para Swimmers at the discretion of the Meet Director	
7 SPRINT/ DIVE LANE – Diving from this end for the length of 25m pool – MUST exit pool at turn end	→ →
6 Pace lane	
5 Pace lane	
4 General swimming	
3 General swimming	
2 SPRINT/ DIVE LANE – Diving from this end for the length of 25m pool – MUST exit pool at turn end	→ →
1 Turn Zone – NO DIVING	

Entry/ spa pool side