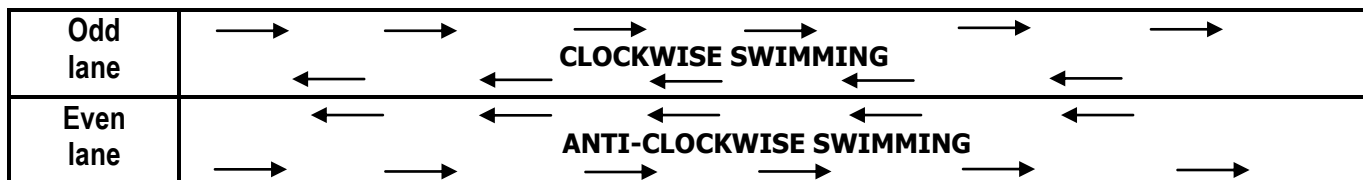


# SCWC Warm-up Procedure – Wharenui Pool – 25m short course

The Warm-up is reserved for competitors taking part in the Meet. Meet Director and officials will be ensuring all parties follow the procedure detailed below.

**In the interest of swimmer safety Swimmers, Coaches, and Team Managers MUST follow the Warm-up procedure at all meets at Wharenui Pool, including Junior Carnivals.**

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	12.30 – 12.55pm	12.45 – 12.55pm	1.00pm

## 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 a TURN ZONE from EITHER end. Swimmers swim into and off of the wall finish at ½ way
- Lanes 5 & 6 will be pace lanes with **NO DIVING**
- Lanes 1, 3, and 4 will be general swimming lanes with **NO DIVING**
- Lanes 2 & 7 will be SPRINT/ DIVE LANES from the START end.

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:

Seating/ start side		Turn End
Lane #		
8 TURN ZONE – EITHER end of 25m pool – finish ½ way		
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 General swimming		

**Entry side**