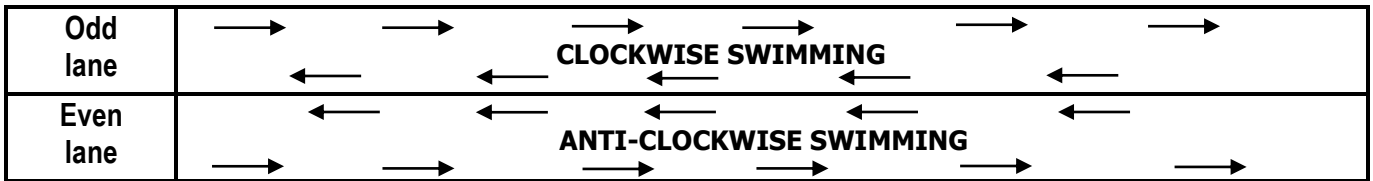


The Warm-up is reserved for competitors taking part in the Meet. Coaches and Team Managers must ensure their swimmers follow the procedures detailed below. Meet Directors and officials are not responsible for overseeing the warm-up.

In the interest of safety Swimmers, Coaches, and Team Managers MUST follow the Warm-up procedure at all meets at Moana 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/Pace periods	Session Start time
Session 1	7.30 – 8.20am	7.50 -8.20am	8.30am
Session 2	4.00 – 4.50pm	4.20 – 4.50pm	5.00pm
Session 3	7.30 – 8.20am	7.50 - 8.20am	8.30am
Session 4	4.00 – 4.50pm	4.20 – 4.50pm	5.00pm
Session 5	7.30 – 8.20am	7.50 – 8.20am	8.30am
Session 6	3.30 – 4.20pm	3.50 – 4.20pm	4.30pm
Session 7	7.30 – 8.20am	7.50 – 8.20am	8.30am
Session 8	2.00 – 2.50pm	2.20 – 2.50pm	3.00pm

General swimming and race preparation period

Lane 1 is for Para swimmers only until the Sprint/Dive period begins then it is open to all competitors

Lanes 2-6 to be used for general swimming and race preparation with no diving until the SPRINT/ DIVE lane is in place; feet first entry ONLY in all lanes until then.

An announcement will be made when the sprint/dive lane is open.

SPRINT/ DIVE LANE – LANE 1 Diving and sprints the full 50m is permitted in the SPRINT/ DIVE LANE during the sprint/dive period only.

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

Signs will indicate what is happening in each lane.

- Lane 1 and 2 will be a SPRINT/DIVE LANES from the START END ONLY during the sprint/dive period only. **NO DIVING IS PERMITTED IN ANY OTHER LANE**
- Lanes 3, 4, 5 & 6 will be general swimming lanes with **NO DIVING**
- Lane 7 will be a PACE LANE during the pace lane period only.
- Lane 8 will be a PACE LANE for the entire duration of the warm-up period with **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 30 minutes of warm up, or whatever timeframe meet organiser allocates, the sprint/dive and pace lanes are as follows:

Start end Lane #	Turn/hydroslide end
8 Pace Lane- for the entire duration of the warm-up period NO DIVING	
7 Pace Lane- during the pace lane period only NO DIVING	
6 General swimming	
5 General swimming	
4 General swimming	
3 General swimming	
2 Sprint/Dive Lane – during the Sprint/Dive period only from this end , for the length of 50m pool – MUST exit pool at turn end	➔
1 Para Swimmer Lane Sprint/Dive Lane – during the Sprint/Dive period only from this end	