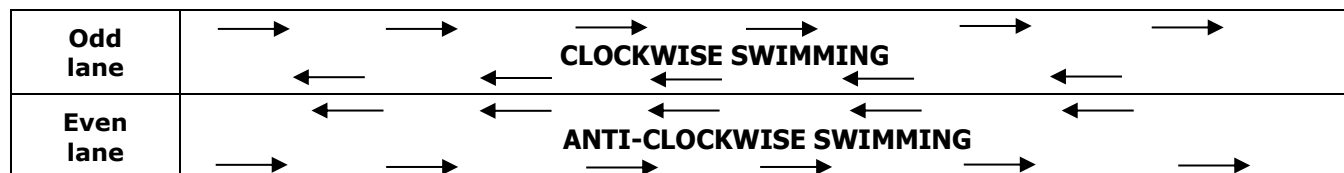


Warm Up Procedure

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.**

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

	General Preparation	Sprint/Dive Lane Period	Session Start time
Morning Sessions	7.15am – 8.00am	8.00am – 8.45am	9.00am
Evening Sessions	4.15pm – 5.00pm	5.00pm – 5.50pm	6.00pm

GENERAL SWIMMING AND RACE PREPARATION PERIOD

Lanes 9 is to be used for sprint starts from the start end of the pool and Lanes 1 and 2 can be used for pace swimming. Lane 0 is for PARA swimmers for the full duration of the warm up period. All other lanes are for general swimming.

Start End

Turn End

9	Sprint/Dive Lane 9 – Diving from the Start end for the full 25m	→
8	General Swimming	
7	General Swimming	
6	General swimming	
5	General Swimming	
4	General Swimming	
3	General Swimming	
2	Pace Lane	
1	Pace Lane	
0	Para Lane Only	

SPRINT/DIVE LANE PERIOD

An announcement will be made for the start of the SPRINT/DIVE LANE Period. This period will see the addition of another sprint dive lane in Lane 8 and an additional Pace Lane in lane 3.

Start End

Turn End

9	Sprint/Dive Lane 9 – Diving from the Start end for the full 25m	→
8	Sprint/Dive Lane 8 – Diving from the Start end for the full 25m	→
7	General Swimming	
6	General swimming	
5	General Swimming	
4	General Swimming	
3	Pace Lane	
2	Pace Lane	
1	Pace Lane	
0	Para Lane Only	

An announcement will be made 5 minutes prior to Warm-up finishing and at the completion of the Warm-up.

At this time swimmers are to clear the pool. SNZ staff, the Meet Director or Organising Committee Chair can change the lane allocation as appropriate.