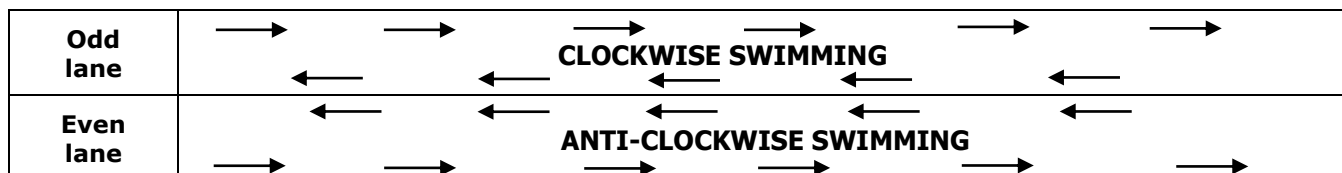


# Warm Up Procedure

Team Managers and Coaches are responsible in ensuring their swimmers have been briefed on this for their safety during warm up. 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.

Entry to the pool (except for Sprint Dive Lanes) must be feet first. 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.


In Sprint/Dive lanes backstrokers must line up to enter the water from the end of the pool when it is their turn. They cannot sit in the water awaiting their turn.





### Warm-up Times

	General Swimming	Sprint/Dive Lane Period	Session Start time
Heats sessions	7.15am – 8.05am	8.05am – 8.50am	9.00am
Finals sessions	4.15pm – 5.05pm	5.05pm – 5.50pm	6.00pm

### GENERAL SWIMMING PERIOD

Turn end		Start End
		Sprint/Dive Lane – Diving from the Start end for the full 50m 9
		General Swimming 8
		General Swimming 7
		General Swimming 6
		General swimming 5
		General Swimming 4
		General Swimming 3
		General Swimming 2
		General Swimming 1
		Pace Lane 0

### SPRINT/DIVE LANE PERIOD

Turn end		Start End
		Sprint/Dive Lane – Diving from the Start end for the full 50m 9
		Sprint/Dive Lane – Diving from the Start end for the full 50m 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

An announcement will be made 5 minutes prior to Warm-up finishing and at the completion of the Warm-up. The programmes pool is available for warm up after the finish of the warm up period. **At this time swimmers are to clear the pool. The programmes pool is for warm up/warm down only, this is not a meeting place. SNZ staff, the Meet Director or Organising Committee can change the lane allocation as appropriate.**