

Warm-Up Procedures

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.
- Paddles and Fins are not to be worn during warm up period outside of the assigned lanes.
- SNZ staff or the Technical Director can change the lane allocation as appropriate
- At the completion of the warm-up, swimmers are to exit the pool. (An announcement will be made 5 minutes prior to Warm-up finishing and at the completion of the Warm-up.)

GENERAL SWIMMING AND RACE PREPARATION PERIOD

Competition End

→	9 Sprint/Dive Lane – Diving from the Start end for the full 25m
→	8 Sprint/Dive Lane – Diving from the Start end for the full 25m
7	ANTI-CLOCKWISE Swimming
6	CLOCKWISE Swimming
5	ANTI-CLOCKWISE Swimming
4	CLOCKWISE Swimming
3	FINS AND PADDLES ANTI-CLOCKWISE Swimming
2	FINS & PADDLES CLOCKWISE Swimming
1	Pace Lane
0	Para Lane Only

Programmes Pool

→	1 ANTICLOCKWISE Swimming
2	CLOCKWISE Swimming
3	ANTICLOCKWISE Swimming