

## Warm up procedure – Short Course, 6 lane pool

Updated – October 2019

- Swimmers, coaches and Team Managers **MUST** follow instructions of the Warm-Up Procedure during the warm-up period.
- The warm-up is reserved for competitors taking part in the Competition.
- Feet first entry only unless using a sprint/dive lane.
- Swimmers to swim **CLOCKWISE** in both odd numbered and even numbered as shown in the diagrams below.
- Clubs will be split into two (2) 30 minute warm up groups, with Clubs to be notified beforehand of which group they will be allocated to.
- An announcement will be made 5 minutes prior to each warm-up group finishing.
- Another announcement will be made at the completion of the warm-up group sessions.
- At this time swimmers are to clear the pool immediately.







**NB: The Technical Director has the right to change the lane allocation if required.**



### Warm-up Times

The warm-up for each session shall run as detailed in the meet information as follows:

|           | Warm-up time                      | Session start times |
|-----------|-----------------------------------|---------------------|
| Session 1 | 2.30 - 3.00 / 3.00 - 3.30 pm*     | 3.45 pm             |
| Session 2 | 11.30 - 12.00 / 12.00 - 12.30 pm* | 12.45 pm            |

\* 2 warm up groups (30 minute slots) – Clubs in each groups to be notified beforehand

|        |   |
|--------|---|
| LANE 6 |  |
| LANE 5 |  |
| LANE 4 |  |
| LANE 3 |  |
| LANE 2 |  |
| LANE 1 |  |

|           |   |
|-----------|---|
| ODD LANE  |  |
| EVEN LANE |  |