

Warm up procedure – Long Course, 8 lane pool

Updated – January 2020

- Swimmers, coaches and Team Managers **MUST** follow instructions of the Warm-Up Procedure during the warm-up periods.
- 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.

Warm-up Time

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

	Warm-up time	Session start time
Session 1	5.00 – 5.45 pm	6.00 pm
Session 2	8.00 – 8.45 am	9.00 am
Session 3	From finish of Session 2	1 hour after Session 2
Session 4	8.00 – 8.45 am	9.00 am
Session 5	From finish of Session 4	1 hour after Session 4

LANE 8	SPRINT / DIVE – DIVE FROM START END – MUST EXIT POOL AT TURN END
LANE 7	GENERAL SWIMMING - CLOCKWISE
LANE 6	GENERAL SWIMMING - CLOCKWISE
LANE 5	GENERAL SWIMMING - CLOCKWISE
LANE 4	GENERAL SWIMMING - CLOCKWISE
LANE 3	GENERAL SWIMMING - CLOCKWISE
LANE 2	GENERAL SWIMMING - CLOCKWISE
LANE 1	SPRINT / DIVE – DIVE FROM START END – MUST EXIT POOL AT TURN END

ODD LANE	CLOCKWISE SWIMMING
EVEN LANE	CLOCKWISE SWIMMING