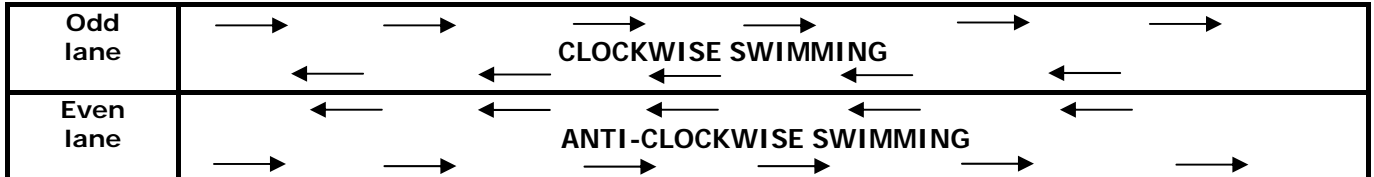


Swimming New Zealand Commonwealth Trials 2005 NZ Summer Championships Warm-up Procedure



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

The warm-up for each session will run as detailed below

	Warm-up time	Sprint/Dive Lane Period	Session Start time
Heats session	7am – 8.45am	8.00am – 8.45am	9am
Finals session 2	4pm – 5.30pm	5.00pm – 5.30pm	6pm
All other Finals session	4pm – 5.45pm	5.00pm – 5.45pm	6pm

General swimming and race preparation period

ALL lanes to be used for general swimming and race preparation with no diving until the Sprint/Dive Lanes are in place. Feet first entry **ONLY** until the Sprint/Dive Lanes are in place.

SPRINT/DIVE LANE

An announcement will be made for the start of the **SPRINT/DIVE LANE Period**.

Sprint/Dive Lane 1 – Diving and sprints to the 25m marker is permitted in the **Sprint/Dive Lane 1**.

Sprint/Dive Lane 2 – Diving and sprints for the 50m length of the pool is permitted in **Sprint/Dive Lane 2** – must exit the pool at the other end of the pool. **DO NOT** cut across other lanes if only sprinting part of the way.

The allocation of lanes in the SPRINT/DIVE LANE Period will be as detailed below and in the diagram. Signs will indicate what is happening in each lane.

- Lane 8 will be **Sprint/Dive Lane 1** at the **START** end.
- Lane 7 will be a **Sprint/Dive Lane 2** from the **START** end the full length of the 50m pool. **MUST EXIT THE POOL** at the **TURN** end. **DO NOT** cut across other lanes if only sprinting part of the way.
NOTE: Lane 7 will become a Pace Lane with NO DIVING if not required for a Sprint/Dive Lane
- Lanes 6 and 5 will be **Pace Lanes** with **NO DIVING**
- Lanes 4 and 3 will be **General Swimming** with **NO DIVING**
- Lane 2 will be **Sprint/Dive Lane 2** from the **TURN** end the full length of the 50m pool. **MUST EXIT THE POOL** at the **START** end. **DO NOT** cut across other lanes if only sprinting part of the way.
- Lane 1 will be a **Sprint/Dive Lane 1** at the **TURN** end.

The Dive Well will be used for Warm-up and Warm down during the competition.

An announcement will be made 5 minutes prior to Warm-up finishing.

Another announcement will be made at the completion of the Warm-up.

At this time swimmers are to clear the pool.

The SNZ Event Manager, Meet Director and Organising Committee Chair can change the lane allocation as appropriate.

Start end

Turn End

Lane #			
8	Sprint/Dive Lane 1 – Diving from this end to 25m marker ONLY	→	
7	Sprint/Dive Lane 2 – Diving from START end for full length of 50 pool – MUST exit pool at TURN end	→	→
6	Pace lane for last 45 minutes of warm-up		
5	Pace lane for last 45 minutes of warm-up		
4	General swimming		
3	General swimming		
2	Sprint/Dive Lane 2 – Diving from TURN end for full length of 50m pool – MUST exit pool at START end	←	←
1	Sprint/Dive Lane 1 – Diving from this end to 25m marker ONLY	←	