

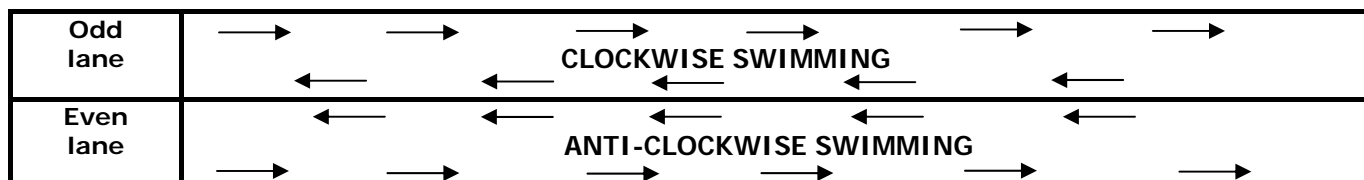
# 2006 New Zealand Junior Championships

## Warm-up Procedure – Invercargill



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 in the meet information

	Warm-up time	Sprint/Dive Lane Period	Session Start time
Session 1 (Sat 18 <sup>th</sup> Feb)	7.45am – 8.45am	8.15am – 8.45am	9.00am
Session 2 (Sat 18 <sup>th</sup> Feb)	3.45pm – 4.45pm	4.15pm – 4.45pm	5.00pm
Session 3 (Sun 19 <sup>th</sup> Feb)	7.45am – 8.45am	8.15am – 8.45am	9.00am

### 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 <b>ONLY</b>
7	Sprint/Dive Lane 2 – Diving from <b>START</b> end for full length of 50 pool – <b>MUST</b> exit pool at <b>TURN</b> end
6	Pace lane for last 30 minutes of warm-up
5	Pace lane for last 30 minutes of warm-up
4	General swimming
3	General swimming
2	Sprint/Dive Lane 2 – Diving from <b>TURN</b> end for full length of 50m pool – <b>MUST</b> exit pool at <b>START</b> end
1	Sprint/Dive Lane 1 – Diving from this end to 25m marker <b>ONLY</b>