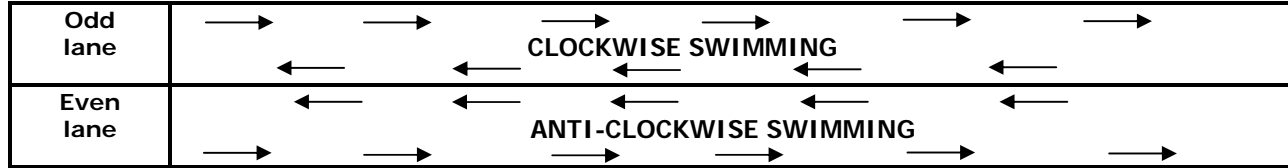


The Warm-up is reserved for competitors taking part in the Competition. **Swimmers, Coaches and Team Managers MUST follow instructions of the Warm-up Procedure during the Warm-up period.**

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 17 th Feb)	7.30am – 8.30am	8.00am – 8.30am	8.45am
Session 2 (Sat 17 th Feb)	3.30pm – 4.30pm	4.00pm – 4.30pm	4.45pm
Session 3 (Sun 18 th Feb)	7.30am – 8.30am	8.00am – 8.30am	8.45am

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 9 will be **Sprint/Dive Lane 1** at the START end.
- Lane 8 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 8 will become a Pace Lane with NO DIVING if not required for a Sprint/Dive Lane
- Lanes 7, 6 and 5 will be **Pace Lanes with NO DIVING**
- Lanes 4, 2 and 2 will be **General Swimming with NO DIVING**
- Lane 1 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 0 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 #	Description		
9	Sprint/Dive Lane 1 – Diving from this end to 25m marker ONLY	→	
8	Sprint/Dive Lane 2 – Diving from START end for full length of 50 pool – MUST exit pool at TURN end	→	→
7	Pace lane for last 45 minutes of warm-up		
6	Pace lane for last 45 minutes of warm-up		
5	Pace lane for last 45 minutes of warm-up		
4			
3	General swimming		
2	General swimming		
1	Sprint/Dive Lane 2 – Diving from TURN end for full length of 50m pool – MUST exit pool at START end	←	←
0	Sprint/Dive Lane 1 – Diving from this end to 25m marker ONLY	←	