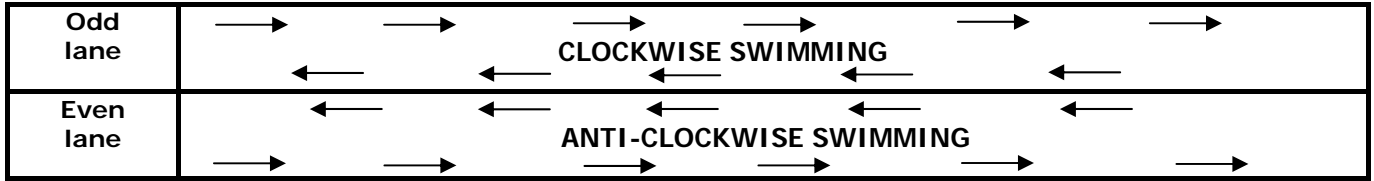


The Warm-up is reserved for competitors taking part in the Competition. **Swimmers, Coaches and Team Managers MUST follow instructions of the Warm-up Procedure during the Warm-up period.**

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 1	4.00pm – 5.30pm	5.00pm – 5.30pm	6pm
All other Heats sessions	4.00pm – 5.45pm	5.00pm – 5.45pm	6pm
Finals sessions	8.00am – 9.45am	9.00am – 9.45am	10am

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

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.

- Lanes 8 and 7 will be **Sprint/Dive Lanes** at the START end.
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**
- Lanes 2 and 1 will be **Sprint/Dive Lanes** at the START end.

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 Events Staff, Meet Director and Organising Committee Chair can change the lane allocation as appropriate.

Start end		Turn End
Lane #		
8 Sprint/Dive Lane – Diving from this end to 25m ONLY	→ → → → →	→
7 Sprint/Dive Lane – Diving from this end to 25m ONLY	→ → → → →	→
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 – Diving from this end to 25m ONLY	→ → → → →	→
1 Sprint/Dive Lane – Diving from this end to 25m ONLY	→ → → → →	→