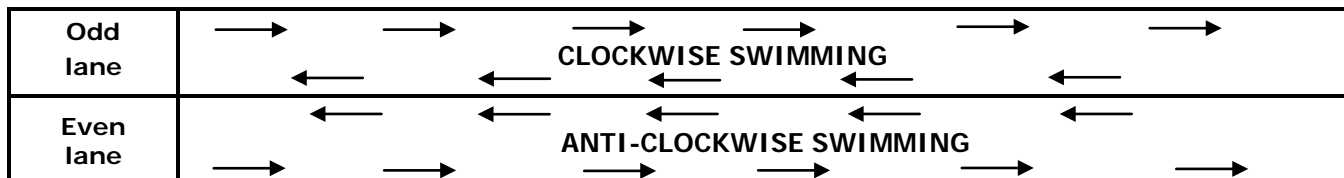


Warm up Procedure - Hamilton

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 19 Feb)	7.00am – 8.00am	7.30am – 8.00am	8.15am
Session 2 (Sat 19 Feb)	3.00pm – 4.00pm	3.30pm – 4.00pm	4.15pm
Session 3 (Sun 20 Feb)	7.00am – 8.00am	7.30am – 8.00am	8.15am

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.

Sprint/Dive Lane 2 – Diving and sprints for the 50m length of the pool is permitted - must exit the pool at the other end of the pool.

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 1 will be a **Sprint/Dive Lane 1** to the 25m mark from the TURN end.
- 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.
- Lanes 3, 4 and 5 will be **General Swimming with NO DIVING**
- Lanes 6 and 7 will be **Pace Lanes with NO DIVING**
- Lane 8 will be **Sprint/Dive Lane 1** to the 25m mark from the START end.

An announcement will be made 5 minutes prior to Warm-up finishing and at the completion of the Warm-up.

At this time swimmers are to clear the pool. SNZ staff, Meet Director or Organising Committee Chair can change the lane allocation as appropriate.

Start end

Turn End

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