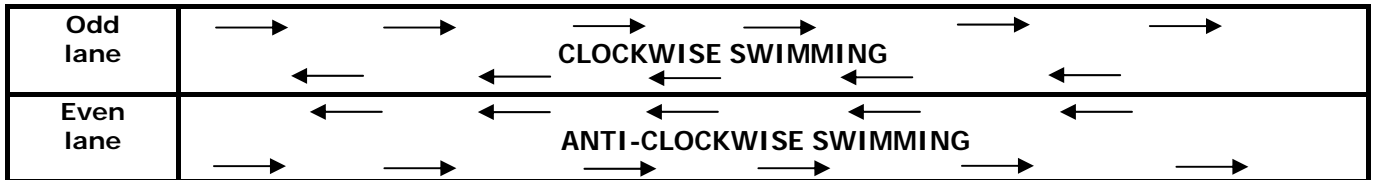


SNZ Warm-up Procedure Short Course 8 lane pool



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	7.30am – 8.45am	8.15am – 8.45am	9am
Finals session 2	4.30pm – 5.30pm	5.00pm – 5.30m	6pm
All other Finals session	4.30pm – 5.45pm	5.15pm – 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 is permitted in the **Sprint/Dive Lane 1**.

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 Lane 1** 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 a **Sprint/Dive Lane 1** 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 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 ONLY	→	→	→
7	Sprint/Dive Lane 1 – Diving from this end to 25m ONLY	→	→	→
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 1 – Diving from this end to 25m ONLY	→	→	→
1	Sprint/Dive Lane 1 – Diving from this end to 25m ONLY	→	→	→