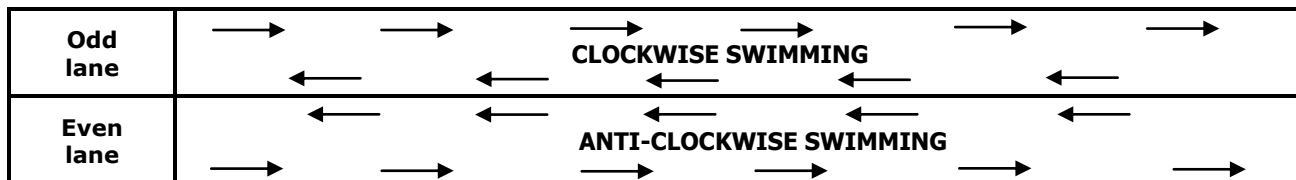


The warm-up is reserved for competitors taking part in the Competition. **Swimmers, Coaches and Team Managers MUST follow instructions of the Warm-up Procedure during the warm-up period.**

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	7.15am – 8.50am	8.00am – 8.50am	9am
Finals session 2	4.15pm – 5.35pm	5.00pm – 5.30pm	6pm
All other Finals session	4.15pm – 5.50pm	5.00pm – 5.50pm	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 – Diving and sprints to the 25m bulkhead 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.

- Lane 0 & 1 will be a **Sprint/Dive Lane** from the START end. **MUST EXIT THE POOL** at the bulkhead end.
- Lanes 2, 3 and 4 will be **General Swimming** with **NO DIVING**
- Lanes 5, 6 and 7 will be **Pace Lanes** with **NO DIVING**
- Lane 8 & 9 will be a **Sprint/Dive Lane** from the START end. **MUST EXIT THE POOL** at the TURN end.
NOTE: Lane 8 will become a Pace Lane with NO DIVING if not required for a Sprint/Dive Lane
- Lane 9 will be **Sprint/Dive Lane** at the START end.

DO NOT cut across other lanes if only sprinting part of the way.

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

Bulkhead End

Lane #		
9	Sprint/Dive Lane – Diving from this end to 25m bulkhead ONLY - MUST EXIT THE POOL at the bulkhead end	
8	Sprint/Dive Lane – Diving from this end to 25m bulkhead ONLY - MUST EXIT THE POOL at the bulkhead end	
7	Pace lane for last 30 minutes of warm up	
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	General swimming	
1	Sprint/Dive Lane – Diving from this end to 25m bulkhead ONLY - MUST EXIT THE POOL at the bulkhead end	
0	Sprint/Dive Lane – Diving from this end to 25m bulkhead ONLY - MUST EXIT THE POOL at the bulkhead end	