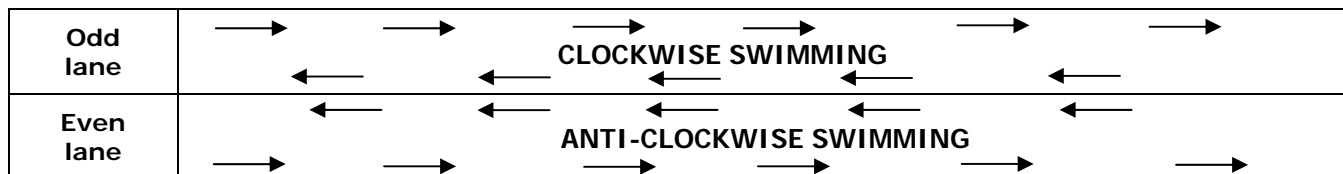


The warm-up is reserved for competitors taking part in the Championships. **Swimmers, Coaches and Team Managers MUST follow instructions of the Warm-up Procedure during the warm-up period.**

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

	Warm-up time	Sprint/Dive Lane Period	Session Start time
Heats sessions	8.15am – 9.45am	9.00am – 9.45am	10.00am
Finals Session 1	4.45pm – 6.00pm	5.30pm – 6.00pm	6.30pm
All other Finals sessions	4.45pm – 6.15pm	5.30pm – 6.15pm	6.30pm

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 0 will be a **Sprint/Dive Lane 1** at the START end.
- Lane 1 will be **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.
- Lanes 2,3 and 4 will be **Pace Lanes** with **NO DIVING**
- Lanes 5, 6 and 7 will be **General Swimming** with **NO DIVING**
- Lane 8 will be a **Sprint/Dive Lane** from the TURN end the full length of the 50m pool. **MUST EXIT THE POOL** at the START 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 TURN 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.**

Start end Turn End

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