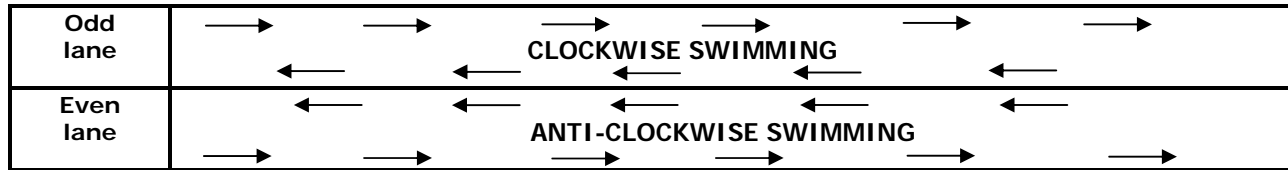


SNZ Warm-up Procedure LC 10 lane pool



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 1	4pm – 5.30pm	5.00pm – 5.30pm	6pm
All other Heats Sessions	4pm – 5.45pm	5.00pm – 5.45pm	6pm
Finals sessions	7am – 8.45am	8.00am – 8.45am	9am

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 **TURN** end.
- Lane 1 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 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 will be a **Sprint/Dive Lane 2** from the **START** end the full length of the 50m pool. **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 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 #	
0	
1	
2	General swimming
3	General swimming
4	General swimming
5	Pace lane for last 45 minutes of warm-up
6	Pace lane for last 45 minutes of warm-up
7	Pace lane for last 45 minutes of warm-up
8	
9	