Warm up procedure – Short Course, 6 lane pool

Updated – October 2019

- Swimmers, coaches and Team Managers **MUST** follow instructions of the Warm-Up Procedure during the warm-up period.
- The warm-up is reserved for competitors taking part in the Competition.
- Feet first entry only unless using a sprint/dive lane.
- Swimmers to swim **CLOCKWISE** in both odd numbered and even numbered as shown in the diagrams below.
- Clubs will be split into two (2) 30 minute warm up groups, with Clubs to be notified beforehand of which group they will be allocated to.
- An announcement will be made 5 minutes prior to each warm-up group finishing.
- Another announcement will be made at the completion of the warm-up group sessions.
- At this time swimmers are to clear the pool immediately.

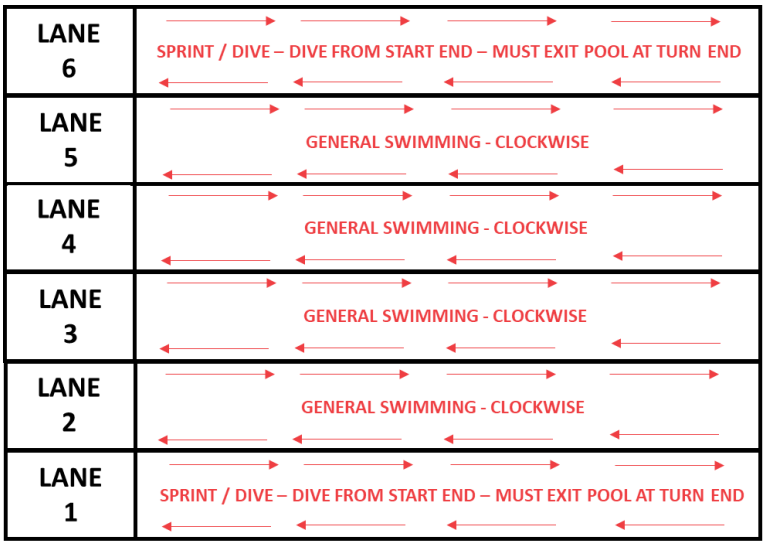
NB: The Technical Director has the right to change the lane allocation if required.

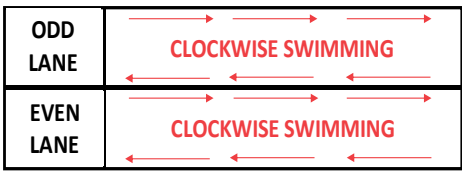
Warm-up Times

The warm-up for each session shall run as detailed in the meet information as follows:

	Warm-up time	Session start times
Session 1	2.30 - 3.00 / 3.00 - 3.30 pm*	3.45 pm
Session 2	11.30 - 12.00 / 12.00 - 12.30 pm*	12.45 pm

*** 2 warm up groups (30 minute slots) – Clubs in each groups to be notified beforehand**





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