

Warm up procedure – 8 Lane Pool

Updated – January 2021

- Swimmers, coaches and Team Managers **MUST** follow instructions of the Warm-Up Procedure during the warm-up periods.
- 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.

Warm-up Time

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

	Warm-up time	Session start time
Session 1	8:00 – 8:45am	9:00am
Session 2	From finish of Session 1	90 mins after Session 1
Session 3	8:00 – 8:45am	9:00am
Session 4	From finish of Session 3	90 mins after Session 3

LANE 8	SPRINT / DIVE – DIVE FROM START END – MUST EXIT POOL AT TURN END
LANE 7	GENERAL SWIMMING - CLOCKWISE
LANE 6	GENERAL SWIMMING - CLOCKWISE
LANE 5	GENERAL SWIMMING - CLOCKWISE
LANE 4	GENERAL SWIMMING - CLOCKWISE
LANE 3	GENERAL SWIMMING - CLOCKWISE
LANE 2	GENERAL SWIMMING - CLOCKWISE
LANE 1	SPRINT / DIVE – DIVE FROM START END – MUST EXIT POOL AT TURN END

ODD LANE	CLOCKWISE SWIMMING
EVEN LANE	CLOCKWISE SWIMMING