

## Warm up procedure – Long Course, 7 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.

### 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 – 8.45 am	9.00 am
Session 2	11.30-12pm	12.15 pm

LANE 7	SPRINT / DIVE – DIVE FROM START END – MUST EXIT POOL AT TURN END
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