

Warm up procedure - 7 Lane Pool

Updated - October 2019

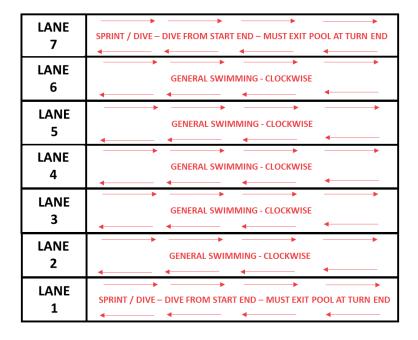
- Swimmers, coaches and Team Managers MUST follow instructions of the Warm-Up Procedure during the warm-up period.
- The warm-up is reserved for competitors taking part in the Competition.
- Feet first entry only unless using a sprint/dive lane.
- Swimmers to swim **CLOCKWISE** in both odd numbered and even numbered as shown in the diagrams below.
- An announcement will be made at the completion of the warm-up group session.
- At this time swimmers are to clear the pool immediately.

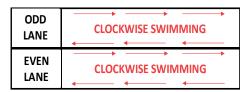
NB: The Technical Director has the right to change the lane allocation if required.

Warm-up 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		
Session 2		











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