

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		

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