**General**

The warm-up periods in the competition pool are reserved for competitors taking part in the following session. Swimmers, coaches and team managers MUST follow instructions of the warm-up procedure during the warm-up period.

**Warm-up Times**

The warm-up times will run as detailed in the meet information. Each warm-up will comprise a 20 minute period of general swimming with no diving followed by a 20 minute period where diving will be allowed in designated lanes.

Warm-up times in the competition pool will be as follows unless otherwise announced:

|  |  |  |  |
| --- | --- | --- | --- |
|  | General Warm-Up | Sprint/Dive Lanes | Session Start |
| Session 1 Saturday 25 May Afternoon | 11.45am-12.05am | 12.05pm – 12.25pm | 12.35pm |
| Session 2 Saturday 25 May Evening | 4.00pm- 4.20pm | 4.20pm – 4.40pm | 4.50pm |
| Session 4 Sunday 26 May Morning | 8.00am- 8.20am | 8.20am – 8.40am  | 8.50am |
| Session 5 Sunday 26 May Afternoon | 12.20pm – 12.40pm  | 12.40pm – 1.00pm | 1.10pm  |

**General Warm-Up Period**

All lanes will be used for general swimming and race preparation with no diving. Swimmers will swim clockwise in odd numbered lanes and anti-clockwise in even numbered lanes. Large paddles and fins are not permitted in any warm up period. Please do not climb out over the pads.

**Sprint/Dive Lanes Period**

The allocation of lanes in the Sprint/Dive Lane Period is listed below and in the diagram shown.

Sprint/Dive Lane 0 – Diving and sprints are permitted from the turn end to the 25m marker

Lanes 1 and 2 will be pace lanes from a push and no diving is permitted

Lanes 3 to 7 will be for general swimming and no diving is permitted

Sprint/Dive Lane 8 – Diving and sprints are permitted from the start end for the 50m length of the pool – swimmers must exit the pool at the turn end

Backstroke Sprint Lane 9 – Sprints are permitted from the start end to the 25m marker

Backstroke start devices will be employed during the Sprint/Dive Period in lane 9 only

The Meet Director can change the lane allocation as appropriate.

|  |  |  |  |
| --- | --- | --- | --- |
| Start End |  |  | Turn End |
| 9  | \*Back Start Lane – From START end to 25m marker  |  |
| 8 | Sprint/Dive Lane – Starts from START end for full length of 50 pool – MUST exit pool at TURN end  |
| 7 | General Swimming Clockwise – No diving |
| 6 | General Swimming Anti-Clockwise – No diving |
| 5 | General Swimming Clockwise – No diving |
| 4 | General Swimming Anti-Clockwise – No diving |
| 3 | General Swimming Clockwise – No diving |
| 2 | Pace Lanes from a push Anti-Clockwise – No diving  |
| 1 | Pace Lanes from a push Clockwise – No diving |
| 0 |  | Sprint/Dive Lane – Starts from TURN end to 25m marker |

\*A backstroke device will be available in this lane at the start end

**Announcements**

An announcement will be made at the start of the Warm-Up and at the start of the Sprint/Dive Lanes Period.

An announcement will be made 5 minutes prior to Warm-up finishing and a further announcement will be made at the completion of the warm-up. At this time swimmers are to clear the pool.