# General Instructions for Round 1 of Age Group Championships 2019

The warm-up periods 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 are as the following table. Each warm-up will comprise a period of general swimming with no diving followed by a period where diving and backstroke starts will be allowed in designated lanes.

Unless otherwise announced:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Rounds 2** |  | General Warm-Up | Sprint/Dive Lanes | Session Start |
| Session 1 Saturday Morning | 15-year olds and over | 08.00 – 8.20 am | 08.20 – 8.40 am | 9.15am |
| 11 to 14-year olds | 08.40 – 08.55 am | 08.55 – 09.10am |
| Session 2 Saturday Afternoon | Girls | 12.15pm – 12.25pm | 12.25pm – 12.40pm | 1.15pm |
| Boys | 12.40pm – 12.50pm | 12.50pm –13.05pm |
| Session 3 Saturday Evening | All swimmers | 4.30pm – 4.55pm | 4.55pm– 5.15pm | 5.20pm |
| Session 4 Sunday Morning | 15-year olds and over | 08.00 – 8.20 am | 08.20 – 8.40 am | 9.15am |
| 11 to 14-year olds | 08.40 – 08.55 am | 08.55 – 09.10am |
| Session 5 Sunday Afternoon | Girls | 12.15pm – 12.25pm | 12.25pm – 12.40pm | 1.15pm |
| Boys | 12.40pm – 12.50pm | 12.50pm –13.05pm |
| Session 6 Sunday Evening | All swimmers | 4.15pm – 4.40pm | 4.40pm– 5.00pm | 5.05pm |

**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.

**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 Convenor can change the lane allocation as appropriate.

|  |  |  |  |
| --- | --- | --- | --- |
| Start End |  |  | Turn End |
| 9  | Sprint/Dive Lane – Starts 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 |

**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.

**Diving Pit/25m Pool**

The diving pi/25m pool is not available for warm up or swim down during this meet.