

## General Instructions for Age Group Championships 2022

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 Friday Evening	All swimmers	17:00 – 17:10	17:10 – 17:25	17:30
Session 2 Saturday Morning	Girls	08:00 – 08:15	08:15 – 08:30	09:05
	Boys	08:30 – 08:45	08:45 – 09:00	
Session 3 Saturday Afternoon	Girls	12:30 – 12:45	12:45 – 13:00	13:45
	Boys	13:00 – 13:15	13:15 – 13:30	
Session 4 Saturday Evening	All swimmers	17:00 – 17:20	17:20 – 17:40	17:45
Session 5 Sunday Morning	Boys	08:00 – 08:15	08:15 – 08:30	09:05
	Girls	08:30 – 08:45	08:45 – 09:00	
Session 6 Sunday Afternoon	Boys	12:30 – 12:45	12:45 – 13:00	13:45
	Girls	13:00 – 13:15	13:15 – 13:30	
Session 7 Sunday Evening	All swimmers	17:00 – 17:20	17:20 – 17:40	17:45

### 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 START end to 25m marker →	

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

### 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 pit/25m pool is not available for warm up or swim down during this meet.