



## WARM UP TIMES AND INSTRUCTIONS

### General Information for the UoAPS Distance Time Trial and 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

Warm-up times are as follows unless otherwise announced:

Day/Session			General Warm-Up	Sprint/Dive/Pace Lanes	Session Start
Session 1 Friday Evening	Distance	All swimmers	5.00pm – 5.10pm	5.10pm – 5.25pm	5.30pm
Session 1 Saturday Morning	Age Group	Boys	8.00am – 8.15am	8.15am – 8.30am	9.05am
	Age Group	Girls	8.30 am– 8.45am	8.45am – 9.00am	9.05am
Session 2 Saturday Afternoon	Age Group	Girls	12.30pm – 12.45pm	12.45pm – 1.00pm	1.35pm
	Age Group	Boys	1.00pm – 1.15pm	1.15pm – 1.30pm	1.35pm
Session 3 Saturday Evening	Age Group	Mixed	5.00pm – 5.20pm	5.20pm – 5.40pm	5.45pm
Session 4 Sunday Morning	Age Group	Girls	8.00am – 8.15am	8.15am – 8.30am	9.05am
	Age Group	Boys	8.30am – 8.45am	8.45am – 9.00am	9.05am
Session 5 Sunday Afternoon	Age Group	Boys	12.30pm – 12.45pm	12.45pm – 1.00pm	1.35pm
	Age Group	Girls	1.00pm – 1.15pm	1.15pm – 1.30pm	1.35pm
Session 6 Sunday Evening	Age Group	Mixed	5.00pm – 5.20pm	5.20pm – 5.40pm	5.45pm

#### 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/Pace Lanes Period

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

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

Lanes 1 & 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 – 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 – Diving & Starts from START END - for full length of the 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 Lane from a push Anti-Clockwise – No diving	
1	Pace Lane from a push Clockwise – No diving	
0	Sprint/Dive Lane – Starts* from START 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 pit/25m pool is not available for warm up or swim down during this meet.