

S.A.S.A North District

Warm-up Information – Round 1&2

North District Age Group Swimming Championships

The warm-up periods are reserved for competitors taking part in the following session. Swimmers, coaches and team managers must follow this procedure and the instructions of the announcers and warm-up supervisors.

20 swimmers per lane is the maximum permitted in each lane

Swimmers and coaches must ensure that there is as even a spread of swimmers across the pool. If a warm-up is busy, swimmers may need to move to a different lane or wait for a quieter time.

The diving pool is not available for warm up or swim down at this Championships as it is being used for other public activities. Please be aware of and be respectful towards other users.

Warm-up Times

Morning heats and evening finals warm-ups will be unsegregated. Afternoon heats warm-ups will be segregated by category with Females swimming in the first half and Male & Open swimmers in the second half. For all warm-ups, there will be a period of general swimming where no diving is permitted, then a period where diving and backstroke starts will be permitted in designated lanes.

All aspects of the warm-up periods are subject to operational changes if that becomes necessary.

Day	Session No.	General Warm Up	Sprint/Dive/Pace	Session Start
Saturday 7 th February & 7 th March	Session 1	0800 - 0900	0820 - 0900	0905
	Session 2 Female	1245 - 1255	1255 - 1305	1330
	Session 2 Male & Open	1305 - 1315	1315 - 1325	
	Session 3	1640 - 1725	1700 - 1725	1730
Sunday 8 th February 8 th March	Session 4	0800 - 0900	0820 - 0900	0905
	Session 5 Female	1245 - 1255	1255 - 1305	1330
	Session 5 Male & Open	1305 - 1315	1315 - 1325	
	Session 6	1640 - 1725	1700 - 1725	1730

General Warm-up

All lanes will be used for general swimming and race preparation with no diving from the start of the warm-up period until an announcement is made. Swimming will be in a clockwise direction 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 Lanes/Dive Lanes/Pace Lanes

During each warm-up session, at the time stated, or as demand dictates, Sprint and Dive Lanes will be provided in Lanes 0, 1 and 9. This allows swimmers to leave the pool to make way for others.

Lanes 9 will be a backstroke start lane with a backstroke starting device employed, swimmers can exit at the 25m mark or continue to the turn end

Lanes 0 and 1 will be sprint/dive Lanes – swimmers in lane 0 must exit at the 25m mark, swimmers in lane 1 can exit at the 25m mark or continue to the turn end

Continuous swimming will be available throughout each warm-up period and in any lane that has not yet been allocated a start or dive lane. Pace lanes will be made available on request in morning sessions only.

Announcements

Please listen carefully for announcements. An announcement will be made at the start of the warm-up and as new start and dive lanes become available. 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.