

S.A.S.A North District

Warm-up Information for Sprint Swimming Championships 2026

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 periods and follow the instructions of the announcers and warm-up supervisors.

Please note the warm-up periods and start practice **in the competition pool** have been segregated by age to ensure we comply with the conditions of the facility. Age is swimming age ie age at 31 December, not age on day.

12 swimmers per lane is the maximum permitted

All 10 x 25m lanes in the competition pool will be available for warm up sessions only. Please ensure that there is as even a spread of swimmers across the pool as possible.

The swim down pool will be available throughout the meet, including the warm-up periods for continuous swimming only ie no starts. 9 x 25m lanes will be available during warm-up periods, and 8 x 25m lanes for swim down when racing is taking place. This facility may be withdrawn if it is misused.

The diving pool is not available for this event as it is being used for other public activities. Please be aware of and be respectful towards other users.

Warm-up Times

Each warm-up period in the competition pool will a period of general swimming where entry must be feet first (no starts or diving permitted), followed by a period where starts will be allowed in designated lanes.

Large paddles and fins are not permitted in any warm-up period in the competition pool. Please do not climb out over the pads.

Warm-up for Session 1		
0800 – 0820 All swimmers 15 and over	0820 – 0840 All swimmers 11 and 12	0840 – 0900 All swimmers 13 and 14
Warm-up for Session 2		
1200 – 1220 All swimmers 15 and over	1220 – 1240 All swimmers 11 and 12	1240 – 1300 All swimmers 13 and 14
Warm-up for Session 3		
1600 – 1630 All swimmers 11 to 14	1630 – 1700 All swimmers 15 and over	

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

General Warm-up

For the first ten minutes of each warm-up period, and unless designated as a sprint lane, in the competition pool, swimmers will swim clockwise in odd numbered lanes and anti-clockwise in even numbered lanes.

In the swim down pool swimmers will swim in the direction on the lane direction signs and as the diagram overleaf.

Dive Start and Back Start Lanes

During each warm-up period, when ten minutes of general warm-up has passed, start lanes will be provided in Lanes 0, 8 and 9 with more lanes being used as demand dictates. Swimmers must exit the pool at the boom. Lanes will be allocated as follows:

- Lane 0 will be a backstroke start lanes with a backstroke starting device employed for sessions where the swimmers in that session will have events with a backstroke start. Where no backstroke start practices are necessary this will be a dive start lane
- Lane 1 will be added as a backstroke start lane/dive start lane if demand dictates
- Lanes 7 and 6 will be added as sprint/start lanes if demand dictates
- Lanes 8 and 9 will be dive start lanes – swimmers must exit at the boom

Competition Pool

Start End		Turn End		Swim Down Pool							
9	**Dive start lane – from start end – exit at boom	Boom	# Anti-clockwise swimming	Clockwise swimming	Anti-clockwise swimming	Clockwise swimming	Anti-clockwise swimming	Clockwise swimming	Anti-clockwise swimming	Clockwise swimming	Anti-clockwise swimming
8	**Dive start lane – from start end – exit at boom										
7	Dive start lane – from start end – exit at boom										
6	Dive start lane – from start end – exit at boom										
5	Clockwise swimming										
4	Anti-clockwise swimming										
3	Clockwise swimming										
2	Anti-clockwise swimming										
1	Back start lane – from start end – exit at boom										
0	**Back start lane – from start end – exit at boom										

** These start lanes will open first

This lane will be closed during the racing

The Meet Convenor can change the lane allocation as appropriate and that all warm-up arrangements are subject to change.

Announcements

Please listen carefully for announcements.

An announcement will be made at the start of each warm-up and as new sprint lanes become available.

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