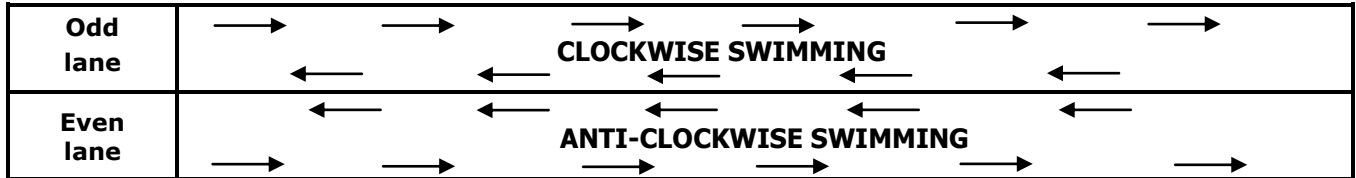


The warm-up is reserved for competitors taking part in the Competition. **Swimmers, coaches and Team Managers MUST follow instructions of the warm-up Procedure during the warm-up period.**

**Swimmers to swim CLOCKWISE in odd numbered lanes and ANTI-CLOCKWISE in even numbered lanes as shown below. Signs will indicate which way to swim in each lane.**



**Warm-up Times**

The warm-up for each session will run as detailed in the meet information

	Warm-up time	Sprint/Dive Lane Period	Session Start time
Session 1 (Sat 20 Feb)	7.00am – 8.00am	7.30am – 8.00am	8.15am
Session 2 (Sat 20 Feb)	3.00pm – 4.00pm	3.30pm – 4.00pm	4.15pm
Session 3 (Sun 21 Feb)	7.00am – 8.00am	7.30am – 8.00am	8.15am

**General swimming and race preparation period**

**ALL** lanes to be used for general swimming and race preparation with no diving until the Sprint/Dive Lanes are in place. Feet first entry **ONLY** until the Sprint/Dive Lanes are in place.

**SPRINT/DIVE LANE**

An announcement will be made for the start of the **SPRINT/DIVE LANE Period**.

**Sprint/Dive Lane 1** – Diving and sprints to the 25m marker is permitted.

**Sprint/Dive Lane 2** – Diving and sprints for the 50m length of the pool is permitted - must exit the pool at the other end of the pool.

**The allocation of lanes in the SPRINT/DIVE LANE Period will be as detailed below and in the diagram.**

Signs will indicate what is happening in each lane.

- Lane 1 will be a **Sprint/Dive Lane 1** to the 25m mark from the TURN end.
- Lane 2 will be **Sprint/Dive Lane 2** from the TURN end the full length of the 50m pool. **MUST EXIT THE POOL** at the START end. **DO NOT** cut across other lanes if only sprinting part of the way.
- Lanes 3 and 4 will be **General Swimming with NO DIVING**
- Lanes 5 and 6 will be **Pace Lanes with NO DIVING**
- Lane 7 will be a **Sprint/Dive Lane 2** from the START end the full length of the 50m pool. **MUST EXIT THE POOL** at the TURN end.
- **NOTE: Lane 7 will become a Pace Lane with NO DIVING if not required for a Sprint/Dive Lane**
- Lane 8 will be **Sprint/Dive Lane 1** to the 25m mark from the START end.

An announcement will be made 5 minutes prior to Warm-up finishing.

Another announcement will be made at the completion of the warm-up.

**At this time swimmers are to clear the pool.**

**The SNZ Events staff, Meet Director and Organising Committee Chair can change the lane allocation as appropriate.**

Start end

Turn End

Lane #	
1	Sprint/Dive Lane 1 – Diving from this end to 25m marker ONLY
2	Sprint/Dive Lane 2 – Diving from TURN end for full length of 50m pool – MUST exit pool at START end
3	General swimming
4	General swimming
5	Pace lane for last 45 minutes of warm-up
6	Pace lane for last 45 minutes of warm-up
7	Sprint/Dive Lane 2 – Diving from START end for full length of 50 pool – MUST exit pool at TURN end
8	Sprint/Dive Lane 1 – Diving from this end to 25m marker ONLY