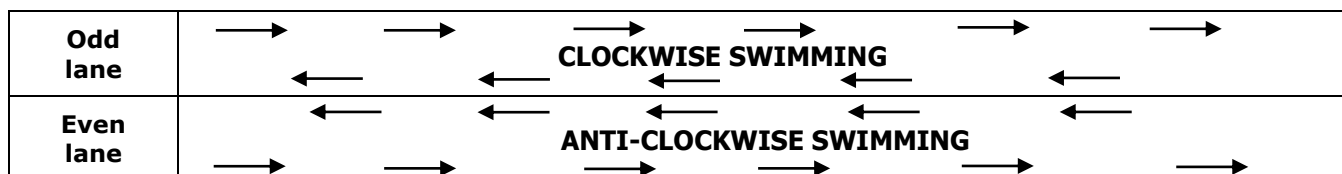


## Warm Up Procedure

Team Managers and Coaches are responsible in ensuring their swimmers have been briefed on this for their safety during warm up. 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.

Entry to the pool (except for Sprint Dive Lanes) must be feet first. 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.

In Sprint/Dive lanes backstrokers must line up to enter the water from the end of the pool when it is their turn. They cannot sit in the water awaiting their turn.



### Warm-up Times

	General Swimming	Sprint/Dive Lane Period	Session Start time
Session 1	2.00pm – 3.00pm	3.00pm – 3.50pm	4.00pm
Session 2 & 4	7.00am – 7.30am	7.30am – 7.50am	8.00am
Session 3	3:00pm – 3:30pm	3:30pm – 3:50pm	4:00pm

### GENERAL SWIMMING PERIOD

Turn end	Start End
←	Sprint/Dive Lane – Diving from the Start end for the full 25m 9
	General Swimming 8
	General Swimming 7
	General Swimming 6
	General swimming 5
	General Swimming 4
	General Swimming 3
	General Swimming 2
	General Swimming 1
	Pace Lane 0

### SPRINT/DIVE LANE PERIOD

Turn end	Start End
←	Sprint/Dive Lane – Diving from the Start end for the full 25m 9
←	Sprint/Dive Lane – Diving from the Start end for the full 25m 8
	General swimming 7
	General swimming 6
	General swimming 5
	General Swimming 4
	General swimming 3
	General swimming 2
	Pace Lane 1
	Pace Lane 0

An announcement will be made 5 minutes prior to Warm-up finishing and at the completion of the Warm-up. The programmes pool is available for warm up after the finish of the warm up period. **At this time swimmers are to clear the pool. The programmes pool is for warm up/warm down only, this is not a meeting place. SNZ staff, the Meet Director or Organising Committee can change the lane allocation as appropriate.**