

2017 NZ Open Championships

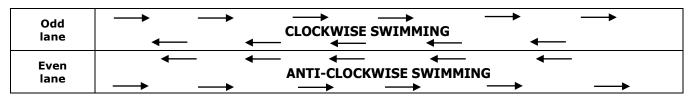
Sir Owen G Glenn National Aquatic Centre, Auckland

3-7 April 2017

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.

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

	General Preparation	Sprint/Dive Lane Period	Session Start time
Heats sessions	8.00am – 9.00am	9.00am – 9.50am	10.00am
Finals session day 1	5.00pm - 6.00pm	6.00pm – 6.30pm	7.00pm
All other Finals sessions	5.00pm - 6.00pm	6.00pm – 6.50pm	7.00pm

GENERAL SWIMMING AND RACE PREPARATION PERIOD

Lanes 9 can be used for dive/sprint and Lane 1&2 for pace swimming. <u>Lane 0 is for use by Para Swimmers only for the full duration of the Warm Up period</u>. All other lanes are for general swimming.

Start End	
9 Sprint/Dive Lane – Diving from the Start end for the full length of the pool	
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 Para Swimmers Only	

SPRINT/DIVE LANE PERIOD

An announcement will be made for the start of the SPRINT/DIVE LANE Period. This period will see the addition of another sprint dive lane and an additional pace lane. All other lanes are for general swimming.

Start End Turn End

9	Sprint/Dive Lane – Diving from the Start end for the full length of the pool
8	Sprint/Dive Lane – Diving from the Start end for the full length of the pool
7	General Swimming
6	General Swimming
5	General swimming
4	General Swimming
3	Pace Lane
2	Pace Lane
1	Pace Lane
0	Para Swimmers Only

Lane 4 in the warm up pool is designated for para swimmers only throughout the meet.

An announcement will be made 5 minutes prior to Warm-up finishing and at the completion of the Warm-up.

At this time swimmers are to clear the pool. SNZ staff, the Meet Director or Organising Committee Chair can change the lane allocation as appropriate.