PRE COMPETITION WARM UP PROCEDURES FOR THE COMPETITION POOL (8 LNE POOL)

“There will be no diving during warm-up except in allocated sprint lanes”

Lane 1  - S1, S2 and S3 swimmers only – circle swimming

Lane 2  - General warm-up circle swimming counter clockwise
        - Dive/Back starts in the sprint lane – one way only from the starting end

Lane 3  - General warm-up circle swimming counter clockwise
        - Pace lane, push starts only beginning 45 mins. Prior to the end of the session

Lane 4  - General warm-up circle swimming counter clockwise

Lane 5  - General warm-up circle swimming counter clockwise

Lane 6  - General warm-up circle swimming counter clockwise

Lane 7  - General warm-up circle swimming counter clockwise
        - Dive/Back starts in the sprint lane – only one way from the starting end starting 45 mins. prior to the close of the warm-up period.

Lane 8  - S1, S2 and S3 swimmers only – circle swimming