



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