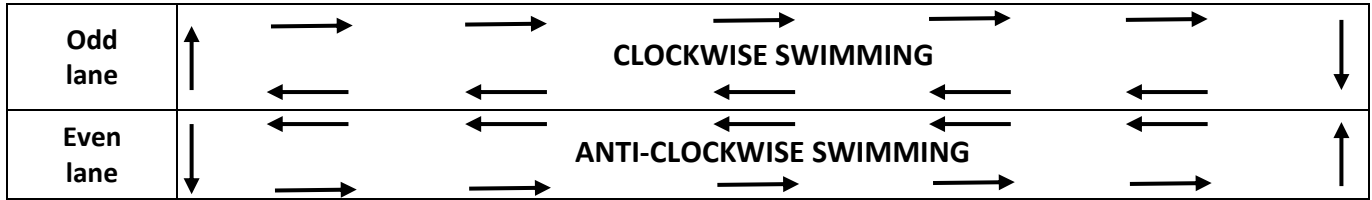


# Swimming Wellington Warm-up Procedure

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 Swimming	Dive Lane Period	Session Start time

CAUTION NEEDED: POOL DEPTH 1.2M

## GENERAL SWIMMING AND RACE PREPARATION PERIOD

Start end	Turn End
	General Swimming <b>8</b>
	General Swimming <b>7</b>
	General Swimming <b>6</b>
	General swimming <b>5</b>
	General Swimming <b>4</b>
	General Swimming <b>3</b>
	General Swimming <b>2</b>
	General Swimming <b>1</b>

## SPRINT/DIVE LANE PERIOD

An announcement will be made for the start of the DIVE LANE Period. This period will see the addition of sprint dive lanes in Lane 1 and Lane 8.

Start end	Turn End
→	<b>Dive lane (no diving at turn end) 8</b>
	General Swimming <b>7</b>
	General Swimming <b>6</b>
	General swimming <b>5</b>
	General Swimming <b>4</b>
	General Swimming <b>3</b>
	General Swimming <b>2</b>
→	<b>Dive Lane (no diving at turn end) 1</b>

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. Swimming Wellington staff or the Meet Director can change the lane allocation as appropriate.