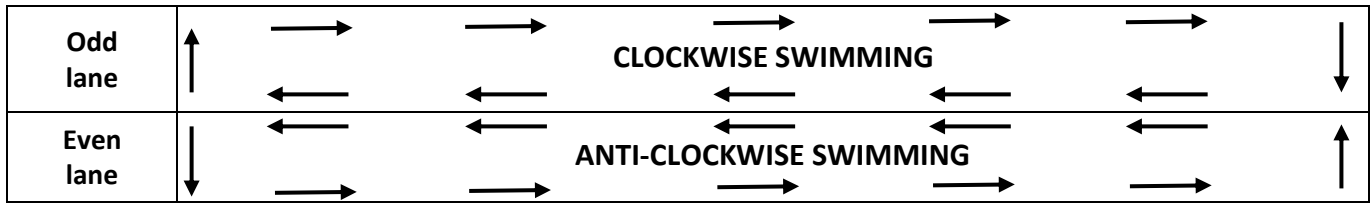


Swimming Wellington Warm-up Procedure

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 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
	Dive Lane (no diving at turn end) 0

SPRINT/DIVE LANE PERIOD

An announcement will be made for the start of the DIVE LANE Period. This period will see the addition of more sprint dive lanes in Lane 1, Lane 8 and Lane 9.

Start end	Turn End
	Dive lane (no diving at turn end) 9
	Dive lane (no diving at turn end) 8
	General Swimming 7
	General Swimming 6
	General swimming 5
	General Swimming 4
	General Swimming 3
	General Swimming 2
	Dive Lane (no diving at turn end) 1
	Dive Lane (no diving at turn end) 0

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.