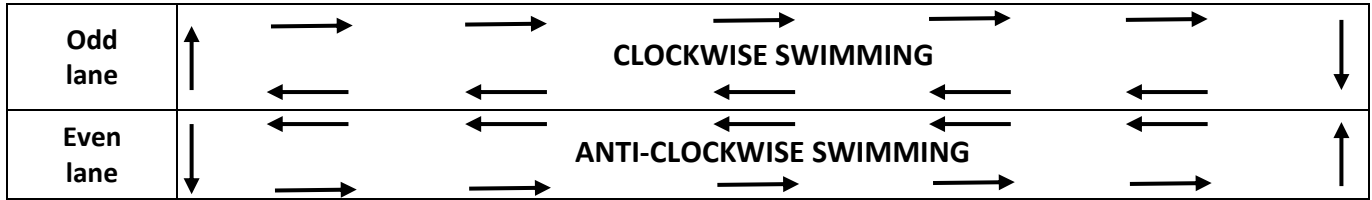


Swimming Wellington Warm-up Procedure

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 7
	General Swimming 6
	General swimming 5
	General Swimming 4
	General Swimming 3
	General Swimming 2
	General Swimming 1

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 7.

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

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.