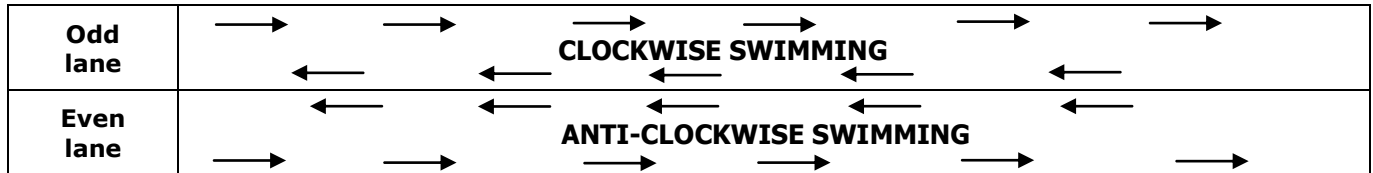


# Swimming Wellington Summer Championships Meet Warm-up Procedure

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
Morning Sessions	7.30am – 8.10am	7.50am	8.20am
Evening Sessions	3.15pm- 4.00pm	3.40pm	4.10pm

### GENERAL SWIMMING AND RACE PREPARATION PERIOD

**Lane 0 is to be used as a dive lane** from the start end of the pool for the full duration of the warm up period. Junior 13&U general swimming only- ODD NUMBERED LANES. Senior 14&O general swimming only- EVEN NUMBERED LANES.

Start end

Turn End

	Junior only General Swimming	9
	Senior only General Swimming	8
	Junior only General Swimming	7
	Senior only General Swimming	6
	Junior only General swimming	5
	Senior only General Swimming	4
	Junior only General Swimming	3
	Senior only General Swimming	2
	Junior only General Swimming	1
	<b>Dive lane (no diving at turn end)</b>	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 and Lane 9.

Start end

Turn End

		<b>Dive lane (no diving at turn end)</b>	9
	Senior only General Swimming		8
	Junior only General Swimming		7
	Senior only General Swimming		6
	Junior only General swimming		5
	Senior only General Swimming		4
	Junior only General Swimming		3
	Senior only General Swimming		2
	<b>Dive Lane (no diving at turn end)</b>		1
	<b>Dive Lane (no diving at turn end)</b>		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.