

WARM UP PROCEDURES 6 LANE POOL



In the interest of swimmers safety, the following general pool procedures for the MAIN COMPETITION POOL must be observed throughout the meet:

Entry to all lanes in the Main Competition Pool will be “feet first, from a sitting position”. Swimmers can only push start, and should observe a “keep left” rule at all times. The exception to this rule is lanes 1 & 6 during the last 15 minutes of the warm up period.

The usage of lanes 1 & 6 will change. Up until 15 minutes before the end of Warm Up it is reserved as a circle swimming lane. For the last 15 minutes it is reserved for dive sprints and walk backs and turn practice. During the last 15 minutes swimmers must clear the lane immediately, and use caution when doing a Backstroke start.

Lane 2 is reserved throughout the whole of the warm up period for Race Pace work only.

Lanes 3 to 5 are reserved throughout the whole of the warm up period as circle swimming lanes.

WARM UP PROCEDURES

6 LANE POOL



EXAMPLE: Warm Up Procedures 6 Lane Pool

[indicate which direction this map is facing at both ends]

1	2	3	4	5	6
Circle swimming only keep left	Race Pace only keep left	Circle swimming only keep left	Circle swimming only keep left	Circle swimming only keep left	Circle swimming only keep left
Dive Sprints Last 15 minutes					Dive Sprints Last 15 minutes
Turns from 15m Last 15 minutes					Turns from 15m Last 15 minutes
Circle swimming only keep left	Race Pace only keep left	Circle swimming only keep left	Circle swimming only keep left	Circle swimming only keep left	Circle swimming only keep left
1	2	3	4	5	6

1	Circle swimming only keep left	Dive Sprints Last 15 minutes	Turns from 15m Last 15 minutes	Circle swimming only keep left	1
2	Race Pace only keep left			Race Pace only keep left	2
3	Circle swimming only keep left			Circle swimming only keep left	3
4	Circle swimming only keep left			Circle swimming only keep left	4
5	Circle swimming only keep left			Circle swimming only keep left	5
6	Circle swimming only keep left	Dive Sprints Last 15 minutes	Turns from 15m Last 15 minutes	Circle swimming only keep left	6