

WARM UP GUIDELINES

All lanes in the Competition Pool are CIRCLE SWIMMING ONLY, until 45 min. prior to the advertised time of end of warm up, when the competition pool converts to the following diagram:

COMPETITION POOL START/FINISH END

| | | | | | | | |
|---|-------------|-------------|-------------|-------------|-------------|-----------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Sprint Lane & Backstroke Start | Circle only | Circle only | Circle only | Circle only | Circle only | Pace Lane | Sprint Lane |
| O N E W A Y v v v | | | | | | | O N E W A Y v v v |
| | Circle only | Circle only | Circle only | Circle only | Circle only | Pace Lane | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |

Any time between sessions, the pool is as per the diagram above.

Note: In pools with 10 lanes, lane 0 and 9 will be like lane 1 and 8 on the diagram.

COMPETITION POOL:

There is NO DIVING AT ALL until 45 min. prior to the end of warm up, and then diving only in those lanes marked to do so.

The sprint lanes 1 & 8 (0 & 9) are one way only from the start end.

There is NO DIVING IN CIRCLE SWIMMING LANES, entry to these lanes is to be feet first, from a sitting position. Circle swimming is anti-clockwise.

No paddles, fins, kickboards or rubber bands are allowed in the competition pool.

WARM UP POOL:

In the Warm Up pool all lanes will be anti-clockwise circle swimming, with feet first entry from a sitting position at all times, except the 2 outer lanes which can be used for dive in sprints or relay exchange practice. The starting blocks must reflect the blocks used in the competition pool. Backstroke ledges should also be available in the Warm Up pool