

2025 Short Course Champs Warm Up Procedures

All swimmers must be supervised by a registered coach for all warm ups. If a swimmer is competing without their personal coach in attendance, then they must arrange to be supervised by another registered coach.

DO NOT encourage congregation of your team behind the start blocks during warmup. This is a very restricted space and we have been instructed by the pool to keep this area as clear as possible.

Please Note:

- There will be **NO** diving into the pool during the general warm up period. This applies to all lanes across both pools.
- Both pools are designated for general warmup until 30 minutes before the end of the warmup session
- Swimmers are to exit out the sides of the pool at ALL times and NOT over the touchpads

Sprint / pace/ dive lanes open 30 minutes before the end of warm up for all sessions.

Once the sprint/pace/dive lanes are announced the following changes to the pool use take place:

- Scoreboard end pool remains designated as General Warm up. No diving.
- Lanes 2, 3, 4 become DIVE lanes from the start end (dives and 15m sprints – exit at bulkhead end).
- Lane 1 becomes BACKSTROKE START lane from the start end (start and swimming a minimum of 15m).
- Lanes 5, 6, 7, 8 become PACE Lanes. This is for swimmers taking a race split time over 50 or 100 meters.
- Ensure your swimmers take care of all pool equipment. It is expensive and easily damaged.
- Swimmers should not congregate under the dive block in the middle of the lane, to ensure safe turning by other swimmers in the lane.
- Swimmers must never hang on the touch pads or the wiring relating to these.
- Swimmers must never support themselves by the lane ropes. These can inflict serious damage if one breaks under pressure.
- Swimmers are to exit out the sides of the pool at ALL times and NOT over the touchpads

COMPETITION POOL

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|----------------------|-------------|-------------|-------------|--------|--------|--------|--------|
| BACKSTROKE STARTS | DIVE STARTS | DIVE STARTS | DIVE STARTS | PACE | PACE | PACE | PACE |

SCOREBOARD POOL

[illegible]

WARM DOWN PROCEDURE- FRIDAY AND ALL FINALS SESSIONS:

(includes the 10 minutes prior to start of racing)

SCOREBOARD POOL

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|----------------------|----------------------|----------------------|----------------------|--------|--------|--------|--------|
| GENERAL WARM DOWN | GENERAL WARM DOWN | GENERAL WARM DOWN | GENERAL WARM DOWN | PACE | PACE | SPRINT | SPRINT |

WARM DOWN PROCEDURE- SATURDAY AND SUNDAY AM

(HEATS):

(Sessions including 11/u swimmers)

SCOREBOARD POOL: 9 AM - 10.45 AM - 12/O swimmers only

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|----------------------|----------------------|----------------------|----------------------|--------|--------|--------|--------|
| GENERAL WARM DOWN | GENERAL WARM DOWN | GENERAL WARM DOWN | GENERAL WARM DOWN | PACE | PACE | SPRINT | SPRINT |

SCOREBOARD POOL: 10.45 AM ONWARDS

4 x Lanes:12/O warm down

4 x lanes 11/U warm up

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|------------------------------|------------------------------|------------------------------|--------|-------------------------|-------------------------|-------------------------|-------------------------|
| 12/O GENERAL WARM DOWN | 12/O GENERAL WARM DOWN | 12/O GENERAL WARM DOWN | PACE | 11/U GENERAL WARM UP | 11/U GENERAL WARM UP | 11/U GENERAL WARM UP | 11/U GENERAL WARM UP |

- Please ensure 11/U swimmers do not enter the warm up pools before the allocated timeslot. They will be asked to leave.
- There will be NO dive starts during the 11/ U warmup due to timing, as the race session for 12/O heats will be in progress