

## 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

0	1	2	3	4	5	6	7	8	9
Back stroke Starts (ledge)	Dive Start Sprint Lane	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Pace lane	Dive Start Sprint Lane
O n e  W a y	O n e  W a y								O n e  W a y
		Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Pace lane	
0	1	2	3	4	5	6	7	8	9

#### 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.
- 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 or rubber bands are allowed in the Competition Pool.**
- Any time between sessions, the Competition Pool must be set up as above.

#### WARM UP POOL:

- All lanes will be anti-clockwise circle swimming, with feet first entry from a sitting position at all times.
- The 2 outer lanes 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.