

Warm Up Protocol

1. Find your allocated warm up time. Arrive a few minutes earlier so you're ready to start on time.
2. When announcer starts warm up, jump into your lane one at a time. Maximum of 9 swimmers per lane please. **Do not dive!**
3. Each group has 15 minutes to warm up.
4. Even lanes swim clockwise, and odd lanes swim anticlockwise.
5. Always start your warm up swimming front crawl or backstroke.
6. Lane 1, 2, 7 and 8 will be cleared 5 minutes before the end of each group warm up to practise dive starts. Only swimmers who are certified to dive can practise dive starts.
7. Lane 3 to 6 can still be used for continuing to swim lengths.