



# WARM UP PROTOCOL



**April Long Course Meet 1ER180341**  
**Saturday 14/Sunday 15 April 2018**

**Session 1 Warm up at 0830**

**Session 4 Warm up at 0830**

**Session 2 Warm up at 1245**

**Session 5 Warm up at 1245**

**Session 3 Warm up at 1700**

**Session 6 Warm up at 1700**

The meet will be extremely busy and we need swimmers and coaches to manage their warm ups carefully to make sure that everyone is safe and that all swimmers get a fair opportunity to warm up.

## **IMPORTANT**

- Coaches are responsible for supervising their own swimmers during the warm up
- Please observe correct lane rotation
- Take care when entering the water; do not endanger yourself or other swimmers
- Always leave the pool at the sides – do not climb over the timing pads
- **PLEASE** leave the pool promptly at the end of your warm up session to avoid delaying the competition

## **Sessions 1 and 6**

Warm up will be split into 3 blocks of 20 minutes each:

1. Mixed Boys aged 12/under and Girls aged 13/under
2. Girls 14 and over
3. Boys 13 and over

## **Session 2 and 5**

Warm up will be split into 2 blocks of 25 minutes each by gender.  
Boys first in Session 2, Girls first in Session 5

## **Sessions 3 and 4**

Warm up will be split into 3 blocks of 20 minutes each:

1. Mixed Boys aged 12/under and Girls aged 13/under
2. Boys 13 and over
3. Girls 14 and over

**WITHDRAWALS** need to be handed to the control room before the start of warm up.  
Swimmers not presenting themselves at the start of their race will be fined.