



# WARM UP PROTOCOL



**May Long Course Meet 1ER170349**  
**Saturday 13/Sunday 14 May 2017**

**Session 1 Warm up at 0830**

**Session 4 Warm up at 0830**

**Session 2 Warm up at 1230**

**Session 5 Warm up at 1230**

**Session 3 Warm up at 1630**

**Session 6 Warm up at 1600**

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 3**

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

1. Mixed Boys and Girls aged 12/under
2. Girls 13 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.  
Girls first in Session 2, Boys first in Session 5

## **Sessions 4 and 6**

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

4. Mixed Boys and Girls aged 12/under
5. Boys 13 and over
6. Girls 13 and over

**WITHDRAWALS** need to be handed to the control room 45 minutes before the start of the session (i.e. within 15 minutes of the start of warm up). Swimmers not presenting themselves at the start of their race will be fined.