

**For the safety of all competitors, the following warm – up procedures are to be followed. Failure to comply with these procedures will result in the swimmer/ swimmers being removed from the pool.**

**WARM UP PROCEDURE FOR COMPETITION/ UTILITY POOL  
6 lanes**

**START / FINISH END**

1	2	3	4	5	6
Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)
Dive Sprints (Last 15 minutes)	Dive Sprints (Last 15 minutes)			Dive Sprints (Last 15 minutes)	Dive Sprints (Last 15 minutes)
Turns from 15m (Last 15 minutes)	Turns from 15m (Last 15 minutes)			Turns from 15m (Last 15 minutes)	Turns from 15m (Last 15 minutes)
Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)
1	2	3	4	7	8

**Competitors and Coaches are to make themselves aware of the water depths of the pool prior to competition.**

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**WARM UP PROCEDURE FOR COMPETITION/ UTILITY POOL  
7 lanes**

**START / FINISH END**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)
Dive Sprints (Last 15 minutes)	Dive Sprints (Last 15 minutes)				Dive Sprints (Last 15 minutes)	Dive Sprints (Last 15 minutes)
Turns from 15m (Last 15 minutes)	Turns from 15m (Last 15 minutes)				Turns from 15m (Last 15 minutes)	Turns from 15m (Last 15 minutes)
Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>4</b>	<b>7</b>	<b>8</b>

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**WARM UP PROCEDURE FOR COMPETITION POOL – 8 lanes**

START / FINISH END

1	2	3	4	5	6	7	8
Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)
Dive Sprints (Last 15 minutes)	Dive Sprints (Last 15 minutes)					Dive Sprints (Last 15 minutes)	Dive Sprints (Last 15 minutes)
Turns from 15m (Last 15 minutes)							Turns from 15m (Last 15 minutes)
Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>

**Competitors and Coaches are to make themselves aware of the water depths of the pool prior to competition.**

**RANDALL'S BUSINESS EQUIPMENT**

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For all your office needs.

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**WARM UP PROCEDURE FOR COMPETITION POOL – 9 lanes**

**START / FINISH END**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)
Dive Sprints (Last 15 minutes)	Dive Sprints (Last 15 minutes)						Dive Sprints (Last 15 minutes)	Dive Sprints (Last 15 minutes)
Turns from 15m (Last 15 minutes)								Turns from 15m (Last 15 minutes)
Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)	Circle only (keep left)
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>

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