

PRIMARY WARM UP PROCEDURES

GENERAL INFORMATION

Please ensure that your association only warms up in the allocated lanes. Associations must supervise their allocated lane for the duration of warm up. Any association not in the correct lane will be asked to move.

The pool will be open at 8:00am for warm up and be closed at 8.30am. Please only use the lane that is allocated for your association.

The Warm Up/Swim Down pool will be available for the duration of the meet.

Pre Carnival Warm Up

Main Competition Pool

0 & 9 Dive Starts only

1 – 8 Circle Swimming lanes will apply, swimmers can only push start and must observe a “keep left” rule at all times

Main Competition Pool – Warm Up Lanes

Lane 0	Dive Starts only	Lane 5	NASSA
Lane 1	HICES	Lane 6	NCIS
Lane 2	HRIS	Lane 7	RAS & SASSA
Lane 3	IPSHA	Lane 8	ASISSA
Lane 4	IPSHA	Lane 9	Dive Starts only

Until meet commences the Warm Up / Swim Down Pool will have the following lane allocations:

Warm up/Swim down pool - Pre Carnival Warm Up Lanes

Lane 0	Multi -Class	Lane 3	CSSA
Lane 1	CSSA	Lane 4	CSSA
Lane 2	CSSA	Lane 5	

WARM UP / SWIM DOWN DIVING POOL - During Carnival

Following the Warm Up period

The pool is supervised on a rotation basis between associations. Each association being allocated an hour of supervision. (see document – Official Duties)

Lane 0 MC Designated Warm up Lane - 30 minutes prior to MC Events

Lane 1 is designated for the duration of the meet as a 25m one way Dive Sprint Lane

Lanes 2 - 4 are designated for the duration of the meet warm up and warm down lanes and are for circle swimming only. Keep Left. Feet first entry. During carnival lanes open to all associations

PLEASE NOTE THERE IS NO ENTRY TO THE WARM UP/SWIM DOWN POOL FROM THE EASTERN /RECORDING ROOM END. THERE IS NO ENTRY TO THE DIVING AREA UNDER ANY CIRCUMSTANCES UNLESS COMPETING IN THE DIVING COMPETITION