



Warm Up Protocol

1. Find your allocated warm up time and group (see timetable below). Arrive at the pool end a few minutes earlier so you're ready to start on time.
2. When the announcer starts the 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 whilst dive starts take place.
8. There will be warm up marshalls to assist you if needed.



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Warm up Groups

Saturday		
Session 1 8.40 - 8.55am Race start 9am	8.40am	All swimmers for mixed 1500m Freestyle
Session 2 9.40 - 10.10am Race start 10.30am	9.40 - 9.55am	All female swimmers plus male/open 400 IM swimmers
	9.55 - 10.10am	All remaining male / open swimmers
Session 3 1.20 - 1.50pm Race start 1.55pm	1.20 - 1.35pm	All male / open swimmers
	1.35 - 1.50pm	All female swimmers
Sunday		
Session 4 8.30 - 8.45am Race start 8.50am	8.30am	All swimmers for mixed 800m Freestyle
Session 5 9.15 - 9.45am Race start 9.50am	9.15 - 9.30am	All female swimmers
	9.30 - 9.45am	All male / open swimmers
Session 6 12.50 - 1.20pm Race start 1.25pm	12.50 - 1.05pm	All male / open swimmers
	1.05 - 1.20pm	All female swimmers

For the last 5 minutes of each warm up, lanes 1, 2, 7 & 8 will be available for uni-directional practice starts (except sessions 1 and 4 which will only have lane 1 for start practice).