



SWIMMING WARM UP

All lanes in the Competition Pool are CIRCLE SWIMMING ONLY, until 7:30 A.M. in the morning when the competition pool converts to the following diagram.

8	7	6	5	4	3	2	1
25m Dive Sprint Only	Turn Practice Only	Circle Only	Circle Only	Circle Only	50 m Pace Lane Only	Turn Practice Only	15m Dive Sprint Only
15m Dive Sprint Only	25m Dive Sprint Only	Circle Only	Circle Only	Circle Only	50 m Pace Lane Only	25m Dive Sprint Only	15m Dive Sprint Only
8	7	6	5	4	3	2	1

COMPETITION POOL START / FINISH END

Competition pool:

- There is NO DIVING AT ALL until 7:30 A.M. then diving is only allowed in those lanes marked to do so.
- There is NO DIVING IN CIRCLE SWIMMING LANES AND TURN
- PRACTICE LANES, entry to these lanes is to be feet first, from a sitting position.
- NO PADDLES ARE TO BE USED DURING WARM UP

