



ACT Championships
Friday 16, Saturday 17 & Sunday 18 February 2018
at the AIS Swimming Complex

Warm-Up Procedures

Swimming ACT has adopted warm-up procedures for all ACT meets. Coaches are asked to ensure that the procedures detailed below are adhered to for all sessions of this meet.

Warm-up Procedures:

- Lanes 2, 3, 4, 5, 6 & 7 are for CIRCLE SWIMMING, i.e. in a clockwise direction from the left hand side of the lane. **Swimmers are to enter the water by sliding in.** No diving is permitted in lanes 2 to 7 **except** in the final 10 minutes of warm up when all lanes are available for diving practice.
- SPRINT LANES (Lanes 1 & 8) are single direction with diving permitted.

NO hand paddles may be used during warm-up.

Swimmers are not permitted to climb out of the pool over the touch pads at any time. Any swimmer climbing out over the touch pads during warm-up will be excluded from that warm-up session.

Warm up arrangement for Saturday and Sunday

There will be two warmup session of 30 minutes duration each day with diving in all lanes permitted in the final 10 minutes of each session.

The first session will be for 12 and under swimmers. The second session will be for swimmers aged 13 and over.

Warm up times	12 and under			13 and over		
	Start	Diving	Finish	Start	Diving	Finish
Saturday	10:00am	10:20am	10:30am	10:30am	10:50am	11:00am
Sunday	8:30am	8:50am	9:00am	9:00am	9:20am	9:30am

The assistance of swimmers and coaches in clearing the pool promptly at the end of each of the warm up session will be greatly appreciated.

The first few events of each day are for swimmers aged 12 and under. Marshalling for the initial events each day will commence 15 minutes prior to the advertised starting time which should ensure that the meet commences close to 11:00am on Saturday and 9:30am on Sunday.