

WARM UP ALLOCATIONS

Session 1 - Monday 4 May

Pre-Championship Warm Up

Warm Up will begin at **5:00pm**. All swimmers must vacate the Competition Pool by **5:45pm**.

Associations are responsible for supervision of their allocated lanes in the Competition Pool.

CHAMPIONSHIP POOL

LANE 0 - 50M START END - Allocated for 25m dive sprints, walk back. Swimmers must clear the lane immediately, and must use caution when doing Backstroke Starts.

LANE 0 - 100M START END - Allocated for Relay changeover practice. Swimmers must start their practice from the 10m marker on the side of the pool.

LANES 1 -9 - Allocated to Associations for circle swimming with feet first entry from a sitting position.

ASSOCIATION	WARM UP ALLOCATION
CAS & RAS	Competition Pool - Lane 1
IGSA	Competition Pool - Lane 2
CSSA Boys	Competition Pool - Lane 3
CSSA Girls	Competition Pool - Lane 4
ISA Boys	Competition Pool - Lane 5
ISA Girls	Competition Pool - Lane 6
AICES Boys	Competition Pool - Lane 7
AICES Girls	Competition Pool - Lane 8
GPS & NCIS	Competition Pool - Lane 9

DIVING POOL

LANES 0-1 - Allocated to Multi Class Swimmers

LANES 2-5 - Allocated for turn finish practice.

Event Warm Up During Championships

Diving Pool lane 0 designated as 25m one way Dive Sprint Lane.

Diving Pool Lane 1 designated for Multi Class Competitors 30 minutes prior to their events.

Diving Pool Lanes 2,3,4,5 will become warm up and cool down lanes for all Associations once the Championships begin. Circle Swimming Only. Keep left. Feet first entry.

WARM UP ALLOCATIONS

Session 2 - Tuesday 5 May

Pre-Championship Warm Up

Warm Up will begin at **8:00am**. All swimmers must vacate the Competition Pool by **8:45am**.

Associations are responsible for supervision of their allocated lanes in the Competition Pool.

CHAMPIONSHIP POOL

LANE 0 - 50M START END - Allocated for 25m dive sprints, walk back. Swimmers must clear the lane immediately, and must use caution when doing Backstroke Starts.

LANE 0 - 100M START END - Allocated for turn finish practice. Swimmers must start from the 13m marker on the side of the pool.

LANES 1 -9 - Allocated to Associations for circle swimming with feet first entry from a sitting position.

ASSOCIATION	WARM UP ALLOCATION
CAS & RAS	Competition Pool - Lane 1
IGSA	Competition Pool - Lane 2
CSSA Boys	Competition Pool - Lane 3
CSSA Girls	Competition Pool - Lane 4
ISA Boys	Competition Pool - Lane 5
ISA Girls	Competition Pool - Lane 6
AICES Boys	Competition Pool - Lane 7
AICES Girls	Competition Pool - Lane 8
GPS & NCIS	Competition Pool - Lane 9

DIVING POOL

All lanes - Allocated to Multi Class Swimmers

Event Warm Up During Championships

Diving Pool lane 0 designated as 25m one way Dive Sprint Lane.

Diving Pool Lane 1 designated for Multi Class Competitors 30 minutes prior to their events.

Diving Pool Lanes 2,3,4,5 will become warm up and cool down lanes for all Associations once the Championships begin. Circle Swimming Only. Keep left. Feet first entry.