
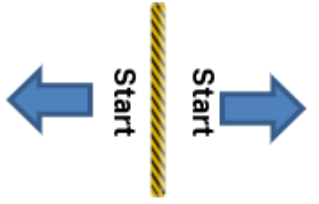
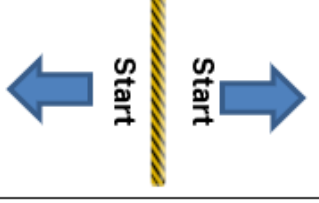






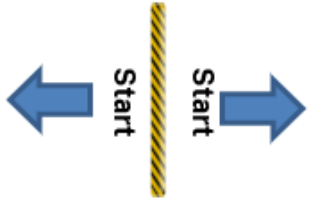
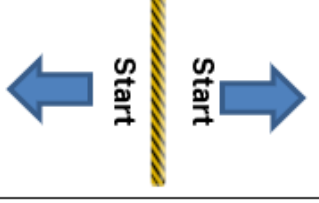






# Warm-up Procedures

## Competition Pool

Start end					
Lane 0	Lane 1 & 2	Lane 3 & 4	Lane 5 & 6	Lane 7 & 8	Lane 9
All ages	12-14 years	12-14 years	15-19 years	15-19 years	Multi Class
Dive start sprints	Dive start 25's	Lap swimming (no diving)	Lap swimming (no diving)	Dive start 25's	Dive start 25's
Dive start sprints	Turning practice (no diving)	Lap swimming (no diving)	Lap swimming (no diving)	Turning practice (no diving)	Turning practice (no diving)
Turning end					

# 25m Utility Pool

<p><b>Lane 7</b> No Diving Feet First Swimming Keep left</p> 	<p><b>Lane 6</b> Relay Change Mode</p> <p>Change</p> 	<p><b>Lane 5</b> Relay Change Mode</p> <p>Change</p> 	<p><b>Lane 4</b> No Diving Feet First Swimming Keep left</p> 	<p><b>Lane 3</b> No Diving Feet First Swimming Keep left</p> 	<p><b>Lane 2</b> Dive Start No Lap swimming</p> 	<p><b>Lane 1</b> No Entry</p> 	<p><b>Lane 0</b> Multi Class No Diving Feet First Swimming</p> 
<p><b>Lane 7</b> No Diving Feet First Swimming Keep left</p> 	<p><b>Lane 6</b> Relay Change Mode</p> <p>Change</p> 	<p><b>Lane 5</b> Relay Change Mode</p> <p>Change</p> 	<p><b>Lane 4</b> No Diving Feet First Swimming Keep left</p> 	<p><b>Lane 3</b> No Diving Feet First Swimming Keep left</p> 	<p><b>Lane 2</b> No Entry</p> 	<p><b>Lane 1</b> Dive Start No lap swimming</p> 	<p><b>Lane 0</b> Multi Class No Diving Feet First Swimming</p> 