

General Warmup Guidelines



General warmup: open to everyone in the meet.

- Know the warmup schedule: When do Sprint and Pace lanes open? Move if asked by an official
 - o Warmup schedule can be found in meet letter
 - o Times may be adjusted, you must ask the meet ref to have times adjusted.
- Lanes are not assigned; feet first entry must be used by athletes. Your team does not control the lane and must be shared with athlete(s) entered in the meet.
- You must be able to share if someone does hop into the lane your team is using. Coaches as courtesy it would be a good idea to ask if your swimmers can hop in with another team.
- Keep walls clear as a courtesy to other athletes in the meet. Do not let swimmers hang on lane lines.
- Work with other coaches to create adequate space for all athlete's safety
- DO NOT use general warmup lanes for starts or pace.
- Equipment is not allowed in the main competition pool
- Athletes are not allowed to jump on top of other athletes when entering the pool
- Work with other coaches to determine appropriate times to enter pool
- NO RACING STARTS allowed out side the sprint lanes being opened.

Pace Lanes: Usually the two outside lanes (1&8 or 1&10) used for race specific pacing. Keep walls clear so athletes can finish or turn to each wall.

- When entering pace lanes be aware of athletes already pacing as to not interfere.
- Work with other coaches to make best use of lane so athletes are not swimming on top of other athletes.
- Feet first entry must used when entering pool for use of pace lane

Sprint Lanes: used for racing starts. Only one direction is used.

- Racing starts, forward and back starts swimming to opposite wall
- NO RELAY EXCHANGES may be practiced
- Lane must be cleared from general warmup before racing starts can begin.
- Athlete does not have to go entire length of pool but must exit to side without interfering with other swimmers.