

7.13 WARM UP PROCEDURE

7.13.1 The meet referee or his/her designee(s) will supervise all warm-up sessions. The competition and warm-up pools will be closed until supervising officials are in place and an announcement for the start of warm-up has been made. All swimmers are required to be supervised by a certified coach on the deck during warm-up, and must be trained and certified by their coach to perform racing starts.

7.13.2 The first 30 minutes of meets other than Novice meets, will be a general warm-up, all lanes. No sprinting or pace work will be allowed during the general warm-up session. NO DIVING will be allowed from the blocks or the edge of the pool. Swimmers shall enter the pool feet first from the start end of the pool in a cautious manner.

7.13.3 For split-session meets, a minimum of one 45-minute warm-up period per session is required.

7.13.4 For Novice meets, one 30-minute warm-up period is required. The first 20 minutes will be general warm-up. During the last 10 minutes, racing starts will be permitted using the required procedures and lane assignments.

7.13.5 If the numbers of swimmers entered in the meet warrant split warm-up sessions, then, warm-up should be divided into at least two 45-minute sessions. The host will make an effort to balance the number of swimmers in each of the two sessions and notify the attending teams at least 72 hours prior to the scheduled start of the first warm-up.

7.13.6 The last 15 minutes of each session, warm up per lane will be:

Pool Size	Push Pace	Racing Starts	General Warm-up
6 lane	1 & 6	2 & 5	3 & 4
8 lane	1 & 8	2, 3, 6 & 7	5 & 6
10 lane	1 & 10	2, 3, 4, 7, 8 & 9	5 & 6

7.13.6 Push pace lanes: Push off, one or two lengths from starting end. Circle swimming only. NO DIVING.

7.13.7 Racing starts: Sprint lanes for racing starts from blocks or for backstroke starts in specified lanes at designated times. Swim one direction only and exit the pool on the opposite end in the same specified lane.

7.13.8 General warm up lanes: NO DIVING. Circle swimming only.

7.13.9 The meet referee may, at his/her discretion, open additional lanes for racing starts, should the situation dictate.