



Putteridge SC Spring Long Course National Qualifier 2022

Warm-up and Session Start Times

Saturday 12th March

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|-------------|-------------------------------|-----------------------------|
| Session 1 | Warm-up: 08.00 | Start: 09.15 |
| 2nd Warm-up | Warm-up: no sooner than 11.30 | Start: no sooner than 11.50 |
| Session 2 | Warm-up: 13.15 | Start: 14.15 |
| Session 3 | Warm-up: 16.45 | Start: 17.45 |

Sunday 13th March

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|-------------|-------------------------------|-----------------------------|
| Session 4 | Warm-up: 08.00 | Start: 09.15 |
| 2nd Warm-up | Warm-up: no sooner than 11.30 | Start: no sooner than 11.50 |
| Session 5 | Warm-up: 13.15 | Start: 14.15 |
| Session 6 | Warm-up: 16.45 | Start: 17.45 |

Warm-up Protocol

- Strictly no diving during any warm-up sessions, **except** in the designated sprint lanes.
- Odd lanes will swim clockwise (1, 3, 5, 7) even lanes (2, 4, 6, 8) will swim anti-clockwise.
- All swimmers must leave the water by the side of the pool and not over the timing pads.
- Coaches should manage the lanes their swimmers are using during the warm-up sessions.
- The meet announcer and Warm-up Marshalls will give guidance.
- Session 1 & 4 will run as 3x20 minute mixed warm-ups, split as follows:
 - 08.00-08.20 13 years and under
 - 08.20-08.40 14-16 years
 - 08.40-09.00 17+
- There will be a 20-minute separate warm-up after the Boys 100m Butterfly on Saturday and the Girls 100m Butterfly on Sunday, which will run as a 1x20 minute mixed gender warm-up for swimmers specifically turning up for the 50-meter events in session 1 & 4.
- Sessions 2, 3, 5, 6 will be run as 2x25 minute warm-ups.
- Sessions 5, 6 BOYS warm-up first
- Sessions 2, 3 GIRLS warm-up first
- For session 3 & 6 there will be the availability of the community pool from 17.00-18.00pm on Saturday 12th, and from 17.15-18.15pm Sunday 13th, as an additional warm up space for those who wish to use it.
- On the day withdrawals must be made 45 minutes before the start of the session