

# Warm Up Information

Please note that warm ups are clearly structured in the tables that follow. We have tried to ensure that all warm ups give room for all swimmers in the session and are at safe levels.

- Competition Pool** This pool will only be used for EACH DESIGNATED warm up – only swimmers in each warm up can use this pool
- Dry Land Zone** This large area doubles up as the “marshalling” area and will be open to ALL swimmers during the warm up periods for “dry land” warm ups. *i.e. stretching, skipping, rolling, self-myofascial release etc – medicine balls can’t be used due to the sprung floor*. Please check exact details below in the tables.  
There is a short corridor that links this area to the competition pool at the main starting end of the pool
- Swim Down Pool** This 4 x 20m pool will be open during the whole day for any swimmers requiring it for warm up or swim down. This includes during the designated warm ups in the competition pool.  
**NOTE: if this pool gets too busy then access may be limited for safety reasons – priority will then be given to swimmers requiring swim down.**
- Sign In** Sign in closes 10 minutes before the start of warm up sessions, there are later sign in times for swimmers we are only doing the distance freestyle events

**Teams are reminded that swimmers should be supervised at all times and that the dry land and swim down facilities will be withdrawn if any problems/issues arise. Please help the WDSC team in ensuring that we keep these areas OPEN**

## Wycombe Swimming 6<sup>th</sup> Premier Meet 2022 - Warm Up Schedule - Friday 11<sup>th</sup> March

|   | Competition Pool   |   | Dry Land Zone   | Swim Down Pool   | Session Start   |
|---|--|---|---|--|-----------------|
| <b>Friday</b><br><br>Session 1<br><br><b>18:00-18:50 PM</b> | <b>Men</b><br>18:00-18:25<br><b>Women</b><br>18:25-18:50 | 15 minutes into each warm up, lanes 1 & 2 will be open for <b>one directional start, sprint or pace work</b> (Banner end to Window end) | <b>POOLSIDE ONLY</b><br><br><b>(NOT THE SPORTS HALL)</b><br><br>Marshalling will take place at the starting end, next to the windows. | <b>Open from 7pm</b><br><b>-NOT BEFORE-</b><br><br>Coaches/TM are reminded that they must supervise the swimmers, wherever possible. | <b>19:00 PM</b> |

## Wycombe Swimming 6<sup>th</sup> Premier Meet 2022 - Warm Up Schedule - Saturday 12<sup>th</sup> March

|                 |                         | <u>Competition Pool</u>       |   | <u>Dry Land Zone</u>   | <u>Swim Down Pool</u>   | <u>Session Start</u> |
|-----------------|-------------------------|-------------------------------|---|--|---|----------------------|
| <b>Saturday</b> | <b>Session 2</b>        | <b>Women</b><br>07:30 – 07:55 | 15 minutes into each warm up, lanes 1 & 2 will be open for <b>one directional start, sprint or pace work</b> (Banner end to Window end)<br>15 minutes into each warm up, lane 8 will be open for <b>Backstroke Ledge Starts</b> | <b>SPORTS HALL Zone A</b><br><br>(for any swimmer)<br><br><i>Swimmers are encouraged to do all dry land exercises in this area – avoiding poolside</i> | Open to any swimmer during the warm up & <b>session 2</b> , provided there is space.<br><br>Coaches/TM are reminded that they must supervise the swimmers, wherever possible. | <b>08:30 AM</b>      |
|                 | <b>07:30 – 08:20 AM</b> | <b>Men</b><br>07:55 – 08:20   |   |  |   |                      |
| <b>Saturday</b> | <b>Session 3</b>        | <b>Women</b><br>12:00-12:25   | 15 minutes into each warm up, lanes 1 & 2 will be open for <b>one directional start, sprint or pace work</b> (Banner end to Window end)   | <b>SPORTS HALL Zone A</b><br><br>(for any swimmer)<br><br><i>Swimmers are encouraged to do all dry land exercises in this area – avoiding poolside</i> | Open to any swimmer during the warm up & <b>session 3</b> , provided there is space.<br><br>Coaches/TM are reminded that they must supervise the swimmers, wherever possible. | <b>13:00 PM</b>      |
|                 | <b>12:00 – 12:50 PM</b> | <b>Men</b><br>12:25-12:50     |   |  |   |                      |
| <b>Saturday</b> | <b>Session 4</b>        | <b>Women</b><br>16:00-16:25   | 15 minutes into each warm up, lanes 1 & 2 will be open for <b>one directional start, sprint or pace work</b> (Banner end to Window end)<br>15 minutes into each warm up, lane 8 will be open for <b>Backstroke Ledge Starts</b> | <b>SPORTS HALL Zone A</b><br><br>(for any swimmer)<br><br><i>Swimmers are encouraged to do all dry land exercises in this area – avoiding poolside</i> | Open to any swimmer during the warm up & <b>session 4</b> , provided there is space.<br><br>Coaches/TM are reminded that they must supervise the swimmers, wherever possible. | <b>17:00 PM</b>      |
|                 | <b>16:00 – 16:50 PM</b> | <b>Men</b><br>16:25-16:50     |   |  |   |                      |

## Wycombe Swimming 6<sup>th</sup> Premier Meet 2022 - Warm Up Schedule - Sunday 13<sup>th</sup> March

|   |                             | Competition Pool  |  | Dry Land Zone  | Swim Down Pool  | Session Start   |
|---|-----------------------------|---|--|--|---|-----------------|
| <b>Sunday</b><br><br>Session 5<br><br><b>07:30 – 08:20 AM</b> | <b>Men</b><br>7:30-7:55     | 15 minutes into each warm up, lanes 1 & 2 will be open for <b>one directional start, sprint or pace work</b> (Banner end to Window end)<br>15 minutes into each warm up, lane 8 will be open for <b>Backstroke Ledge Starts</b> |  | <b>SPORTS HALL Zone A</b><br><br>(for any swimmer)<br><br><i>Swimmers are encouraged to do all dry land exercises in this area – avoiding poolside</i> | Open to any swimmer during the warm up & session 5, provided there is space.<br><br>Coaches/TM are reminded that they must supervise the swimmers, wherever possible. | <b>08:30 AM</b> |
|   | <b>Women</b><br>7:55-8:20   |   |  |  |   |                 |
| <b>Sunday</b><br><br>Session 6<br><br><b>12:00 – 12:50 AM</b> | <b>Men</b><br>12:00-12:25   | 15 minutes into each warm up, lanes 1 & 2 will be open for <b>one directional start, sprint or pace work</b> (Banner end to Window end)   |  | <b>SPORTS HALL Zone A</b><br><br>(for any swimmer)<br><br><i>Swimmers are encouraged to do all dry land exercises in this area – avoiding poolside</i> | Open to any swimmer during the warm up & session 6, provided there is space.<br><br>Coaches/TM are reminded that they must supervise the swimmers, wherever possible. | <b>13:00 PM</b> |
|   | <b>Women</b><br>12:25-12:50 |   |  |  |   |                 |
| <b>Sunday</b><br><br>Session 7<br><br><b>16:00 – 16:50 PM</b> | <b>Men</b><br>16:00-16:25   | 15 minutes into each warm up, lanes 1 & 2 will be open for <b>one directional start, sprint or pace work</b> (Banner end to Window end)<br>15 minutes into each warm up, lane 8 will be open for <b>Backstroke Ledge Starts</b> |  | <b>SPORTS HALL Zone A</b><br><br>(for any swimmer)<br><br><i>Swimmers are encouraged to do all dry land exercises in this area – avoiding poolside</i> | Open to any swimmer during the warm up & session 7, provided there is space.<br><br>Coaches/TM are reminded that they must supervise the swimmers, wherever possible. | <b>17:00 PM</b> |
|   | <b>Women</b><br>16:25-16:50 |   |  |  |   |                 |