

CRONULLA PSSA WARM UP PROCEDURES FOR COMPETITION POOL

Swimmers will be permitted to warm - up in the Competition Pool from **9am** if supervised by a **school team manager** preferred . Warm up will cease at **9:15 am Sharp**.

NO DIVING will be permitted in the competition pool during warm up with the exception of **Lanes 1 and 2 and Lanes 8 and 9 Northern end/starting block end 1.8m**.

Shallow end **NO DIVING is permitted in WARM UP all lanes**.

Competition Pool – start / finish end **NORTHERN 1.8 m**

1	2	3	4	5	6	7	8	9
25m Dive Sprint Only	25m Dive Sprint Lane	50m Circle Swimming ONLY (keep left)	50m Circle Swimming ONLY (keep left)	50m Circle Swimming ONLY (keep left)	50m Circle Swimming ONLY (keep left)	50m Circle Swimming ONLY (keep left)	25m Dive Sprint Lane	25m Dive Sprint Only
25m Circle Swimming ONLY (keep left)	25m Circle Swimming ONLY (keep left)	50m Circle Swimming ONLY (keep left)	50m Circle Swimming ONLY (keep left)	50m Circle Swimming ONLY (keep left)	50m Circle Swimming ONLY (keep left)	50m Circle Swimming ONLY (keep left)	25m Circle Swimming ONLY (keep left)	25m Circle Swimming ONLY (keep left)
SHALLOW END NO DIVING	NO DIVING	NO DIVING	NO DIVING	NO DIVING	NO DIVING	NO DIVING	NO DIVING	NO DIVING
1	2	3	4	5	6	7	8	9

COMPETITION POOL WARM UP

Diving is only allowed in the lanes marked to do so on diagram above:

Lanes- **1 and 2 and 8 and 9 Deep end**

The swimmer stops at the 15 -25 metre mark and gets out of the pool.

**** There is to be NO DIVING in the Circle Swimming lanes with 'feet first entry' from a sitting position or back stroke pin entry.****

NOTE:

WARM UP: As all team managers are supervisors of Warm Up we need to be vigilant of the competitors' actions and be aware of the following conditions and restrictions. Students from your school should only enter pool to warm up if directly being supervised by a school team manager or official.

***** PLEASE NOTE:** After competition commences, the area nearest spectators will be out of bounds to spectators. **CLEAR POOL DECK** aimed for with only competitors and Officials to be on the surrounding pool deck, marshalling and recording areas.

