



## NTS CHAMPIONSHIPS WARM-UP PROCEDURES



TIME SLOT (2 Sessions)	LANES	PROCEDURE
Session 1: 1h30 until 50 min before Gala Session 2: 50 min until 10 min before Gala	Swimmer's 14 years old and younger Swimmer's 15 years old and older	
Before the official start of warm-up	All Lanes	General Warm-up
From start of Warm up session for 25 min	All Lanes	General Warm-up
From 15 min before end of warm up session. After the dive move over to the left	Lane 1,2,9 & 10	Only 25m Sprints/dives
	Lane 3 & 4	Push-pace only
	Lane 7 & 8	Push-pace only
	Lanes 4 & 6	General Warm-up
10 Minutes before the start of the gala	Clear	The Pool

### WARM-UP RULES:

1. Only SSA registered coaches will be allowed on the pool deck.
2. No Parents are allowed on pool deck at any stage of the warm up or the gala. The pool deck is reserved from Swimmers, Officials and Coaches.
3. No paddles, fins, snorkels or any other equipment are permitted during warm-up.
4. In general warm-up lanes, circling in even lanes will be in a clockwise direction, odd lanes will circle in an anti-clockwise direction.
5. "In-water" socialising is to be discouraged.
6. Continuous swimming to be encouraged.
7. Swimmers and Coaches must ensure that they take no action that would endanger themselves or others.
8. The instructions of those in authority must be obeyed immediately.
9. Swimmers are required to enter the water feet first in all general warm-up lanes, and then only when the area IS sufficiently clear to make a safe entry.
10. Diving is permitted in sprint lanes only.
11. Do not start sprinting in sprint lanes until non-sprinting swimmers have cleared it.
12. On finishing a sprint, immediately clear the way for the following swimmers.
13. Swimmers waiting for their coach should give way to other swimmers wanting to sprint.
- 14. The dive/25m sprint lanes can be in both directions but the 50m sprints, in one direction only.**
15. The push pace lanes for timed 50m and 100m swims, no dive, and will circle in a clockwise direction only.
16. No mass / squad practicing of turns will be permitted.

## **RULES REGARDING POOL DECK:**

1. Swimmers must report to the Marshall/Competitor Steward at least 7 heats before their heat.
2. No swimmers are allowed on pool deck other than when directed to do so for their event.
3. Do not interfere or walk on any cables of the ETD system at the deep-end of the pool.
4. Please exit the water on the side of the pool and do not climb out over the touch pads.
5. Swimmers must collect their gear after the start of the next heat.
6. Do not get dressed in front of the time-keepers, but collect your gear and move swiftly off the pool deck.
7. DO NOT ASK the time-keepers for your times - ETD times will apply.
8. Do not confront any officials. Communications must take place via your Team Manager.
9. Do not cross any barrier tape or cordoned off areas.

## **NTS CHAMPIONSHIPS SWIM-DOWN PROCEDURES:**

Please note:

When the competition takes place in Lanes 1 to 8, Lane 9 will be empty and Lane 10 will be available for swimmers to use as a swim-down lane.

The following rules will apply to loosen down in lane 10:

1. The swim-down lane will be exclusively for loosening down. Swimmers will **not** be permitted to warm up in it.
2. Swimmers entering the pool for swim down to do so **opposite the start** end.
3. No diving or jumping into the pool will be allowed. Swimmers must enter slowly and quietly.
4. There will be a barrier 10m from the finishing end. Swimmers will not be permitted to swim beyond the barrier.
5. No playing around, shouting, or socializing will be allowed.
6. No hanging on lane ropes.
7. **Only freestyle** will be allowed.
8. No equipment will be allowed i.e. kickboards, pull buoys, paddles, etc.
9. No coaches will be allowed near the swim-down lane. All discussions with swimmers to take place before or after the swimmers have loosened down, away from the pool-deck.
10. Once swimmers have loosened down, they should clear the pool & deck immediately.
11. Please, please, please be considerate to other swimmers competing in their races.
12. Procedures regarding swimming down during 50m events will be determined by the referee and tournament director according to circumstances prevailing on the day.

## **NTS LOCAL ORGANISING COMMITTEE**