

• **Warm Up Procedures**

The warm up procedure applies to the morning session only on Saturday and Sunday as the afternoon session warm up is self managed with numbers participating vastly reduced.

1. All swimmers not competing in the morning session should not warm up. This will remove over 100 swimmers from each morning. As requested they should kindly warm up prior to the PM session.
2. This will leave approximately 345 swimmers to be broken up into two groups:

|                |                 |          |
|----------------|-----------------|----------|
| <b>Group 1</b> | 8.00am - 8.45am | Saturday |
|                | 7.30am - 8.10am | Sunday   |
| <b>Group 2</b> | 8.45am - 9.30am | Saturday |
|                | 8.10am - 8.50am | Sunday   |

**Group 1**

|      | 1             | 2  | 3           | 4                                       | 5   | 6  | 7  | 8  |
|------|---------------|--|-------------|---|---|--|--|--|
| LANE | Traralgon(30) | Traralgon(18)<br>Hamilton(5)<br>YarrowongaMul(7) | Geelong(30) | Geelong(18)<br>Wodonga(11)<br>Echuca(1) | Ballarat(15)<br>Wangaratta(13)<br>Cobram-<br>Barooga(2) | Ballarat GCO(20)<br>ANL(8)<br>Benalla(2) | Ballarat Gold (25)<br>Moe(4)<br>Seymour(1) | Geelong Sharks(27)<br>Lara(2)<br>Portland(1) |

**Group 2**

|      | 1                                  | 2  | 3  | 4                                   | 5                  | 6  | 7                              | 8   |
|------|------------------------------------|--|--|-------------------------------------|--------------------|--|--------------------------------|---|
| LANE | Albury(25)<br>Bendigo-<br>Hawks(4) | Shepparton(19)<br>Kilmore(10)<br>Finley(1) | Wangaratta<br>Stingrays(16)<br>NTBSH(7)<br>East Gippsland(6) | Sale(19)<br>Gisborne<br>Thunder(11) | Warnambool<br>(30) | South Gippsland<br>Bass(27)<br>Warnambool(3) | Bendigo East(25)<br>Horsham(4) | Warragul(19)<br>Wodonga City(7)<br>Sunraysia(4) |

**3. Warm Up Program (45 minutes)**

**First 30 minutes**

16 X 50M from shallow end every 1.50 to 2.00 minutes with 5 second intervals.  
 This will allow 25 - 28 swimmers to achieve 800 metres in just over 30 minutes.

**Final 15 minutes**

Dive starts to 25 metres, all lanes every 7-10 seconds.  
 This will allow 5-6 starts and 25's to be completed for each swimmer.

**4. Warm Up Control**

Brian Ford has kindly offered his services to do the starts for the whole warm up - all the 50's and 25's. One start, one buzzer, one voice, the coaches can then get on with talking to their swimmers. The safety of our swimmers is paramount and a controlled warm up in an 8 lane pool with up to 200 swimmers at one time in the designed format has, from experience, worked well and we thank Brian for his services.

**5. In Summary**

We trust the above format will be suitable. A disciplined and arranged approach to the warm up ensures every swimmer has the opportunity to complete a proper warm up.