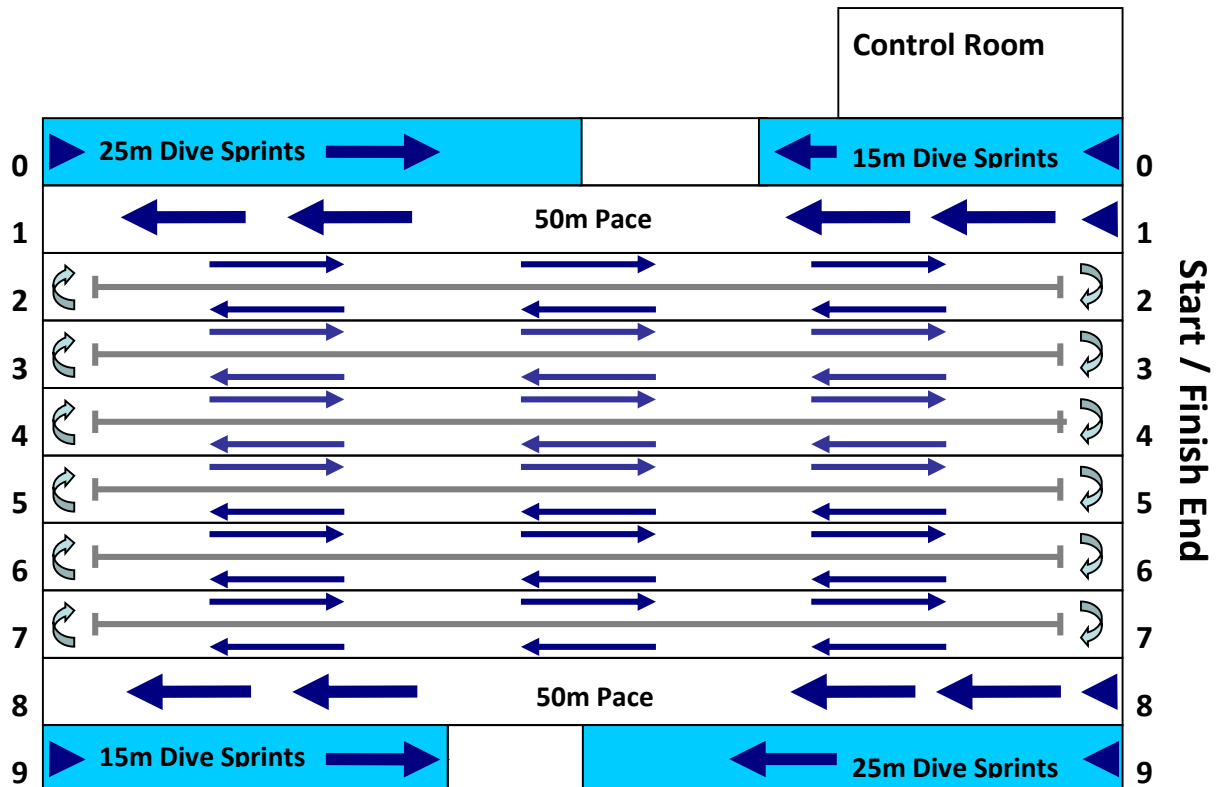


## 1.0 WARM-UP GUIDELINES

- 1.1 The Competition, Warm-Up Pool and Diving Pool will be available for warm-up one and the half hour before the competitions commence. The Competition Pool will be closed fifteen (15) minutes before the beginning of each session.
- 1.2 Lane assignments for warm-ups will be in accordance with FINA Swimming Rules



### 1.3.1 Competition Pool:

- The schematic in the diagram shall be observed at all times during warm-ups.
- There shall be **NO DIVING** in the Circle Swimming Lanes, the Turn Practice Lanes, and the 25m Pace Lane (opposite side). Entry to these lanes is via feet first entry from the sitting position at all times.
- No training equipment is allowed in the Competition and Diving Pool.
- The Dive Sprint Lanes are one-way only – swimmers should clear the lanes immediately and walk back. Swimmers are advised to exercise caution when doing Backstroke starts.
- Coaches and Team Officials with accreditation passes will be allowed on the Competition Pool Deck during the warm-up sessions.
- In order to ensure a smooth Swimming Competition Time-Lines Compliance, eliminate unnecessary downtime due to infraction enquiry to the Referee, promote Fair Play during the Swimming Competition and eliminate Technical Officials duty obstruction, the Pool

Deck is strictly out of bound to ALL except the Technical Officials on duty, Swimming Competition Management Committee, Appointed Volunteer, Appointed Media Coverage Personnel and Coaches, Team Officials and Athletes with accreditation pass.

1.3.2 Warm-Up Pool:

- g. The Warm-Up Pool will be **CIRCLE SWIMMING ONLY**, with feet first entry from sitting position at all times
- h. Training Equipment can be used here.