



World Masters Games 2017 – Pool Swimming
21 – 27 April
Auckland, New Zealand
Warm Up Procedure



Swimmers are responsible in ensuring they have been briefed on this for their safety during warm up. The warm-up is reserved for competitors taking part in the competition. All Swimmers **MUST** follow instructions of the Warm-up Procedure during the warm-up period.

Entry to the pool (except for Sprint/Dive Lanes) must be feet first. Swimmers to swim **CLOCKWISE**. Signs will indicate which way to swim in each lane.

In Sprint/Dive lanes backstrokers must line up to enter the water from the end of the pool when it is their turn. They cannot sit in the water awaiting their turn.



Warm up Periods:

Note the competition pool is located within the National Aquatic Centre, whilst the AUT Millennium Pool is located in an adjacent building.

AUT Millennium Pool (Warm up Pool)	Time
Friday 21 st April – Competition Day One	09:30am – 15:00pm
Saturday 22 nd April – Competition Day Two	09:45am – 15:00pm
Sunday 23 rd April – Competition Day Three	09:45am – 15:00pm
Monday 24 th April – Competition Day Four	09:45am – 15:00pm
Tuesday 25 th April – Competition Day Five	11:45am – 17:00pm
Wednesday 26 th April – Competition Day Six	09:45am – 15:00pm
Thursday 27 th April – Competition Day Seven	09:45am – 15:00pm
National Aquatic Centre (Competition Pool)	Time
April 21 – Competition Day 1	08:30 – 09:15am
April 22 – April 27 – Competition Day 2 - 7	09:00 – 09:45am

An announcement will be made 5 minutes prior to Warm-up finishing and at the completion of the Warm-up. **At this time swimmers are to clear the pool. SNZ staff, the Meet Director or Organising Committee Chair can change the lane allocation as appropriate.**



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NATIONAL AQUATIC CENTRE

Lanes 0 and 9 can be used for dive/sprint to half way only, starting from both ends of the pool.
 All other lanes are for general swimming.

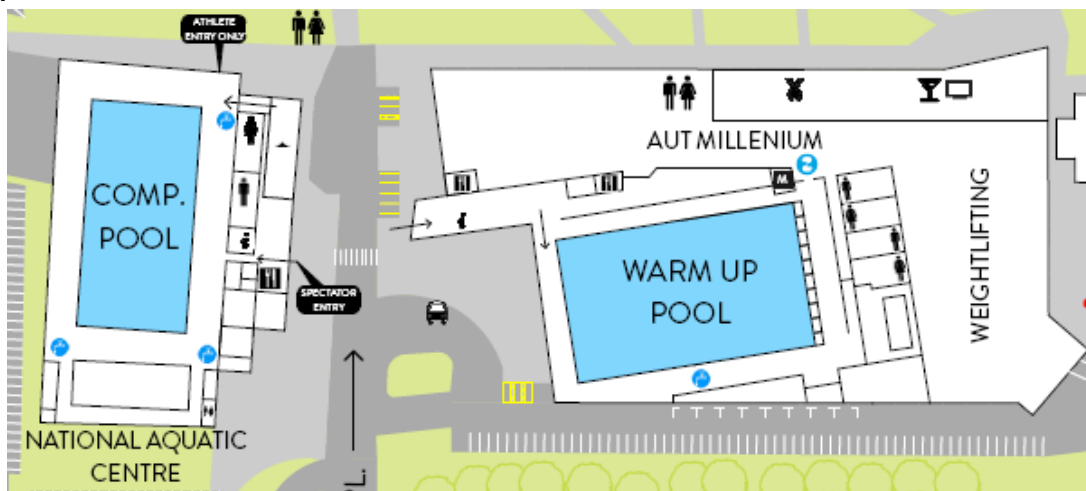
Start End	Turn End
9 Sprint/Dive Lane – Diving from the Start end to halfway	Sprint/Dive Lane- Diving from Turn end to halfway
8 General Swimming	
7 General Swimming	
6 General Swimming	
5 General swimming	
4 General Swimming	
3 General Swimming	
2 General Swimming	
1 General Swimming	
0 Sprint/ Dive Lane – Diving from the Start end to halfway	Sprint/Dive Lane- Diving from Turn end to halfway

AUT MILLENNIUM POOL

Lanes 0 and 7 can be used for dive/sprint, starting from start end only. **Do not** dive into pool from turn end.
 All other lanes are for general swimming.

Start End	Turn End
7 Sprint/Dive Lane – Diving from the Start end	
6 General Swimming	
5 General swimming	
4 General Swimming	
3 General Swimming	
2 General Swimming	
1 General Swimming	
0 Sprint/ Dive Lane – Diving from the Start end	

VENUE MAP



An announcement will be made 5 minutes prior to Warm-up finishing and at the completion of the Warm-up.
At this time swimmers are to clear the pool. SNZ staff, the Meet Director or Organising Committee Chair can change the lane allocation as appropriate.