

GEORGIA SWIMMING WARM-UP PROCEDURES

A. Pre-Meet Warm-Up Period

1. Control and Supervise are the key words for safe warm-ups.
2. Marshals must be actively supervising the warm-up to ensure that proper procedures are followed.

B. Warm-Up Procedures and Guidelines

1. No racing starts or diving allowed until lanes have been designated for such by the referee or designee.
2. Important points for specific warm-up period
 - i. No racing starts or diving in lanes other than those designated for such. The host club is encouraged to post signs on the starting blocks not designated for racing starts or diving to remind swimmers that the lane is closed for diving.
 - ii. Racing starts or diving shall be conducted from the start end.
 - iii. Coaches should supervise and be in control of their athletes at the start end of the pool when conducting racing starts or diving.
 - iv. Swimmers should be reminded by coaches that breaststrokers need more time than do freestyle or butterfly swimmers.
 - v. Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No athletes should be allowed on the starting block until the backstroker has executed her or his start.

C. Additional Considerations

1. The marshal / announcer should announce lane changes and/or warm-up changes as per the general and specific period information following.
2. Coaches should maintain as much contact with their swimmers as possible, verbal and visual, throughout the warm-up period.
3. Coaches are to be reminded that the responsibility for supervision of their swimmer(s) is the same at the meet as when on deck at practice.
4. Marshals have the authority through the Meet Referee or Meet Director over warm-up. A swimmer and/or coach may be removed from the deck for interfering with this authority.
5. Written notice regarding warm-up procedures should be posted at the meet or in the meet announcement.
6. The competition pool should be cleared from warm-up 10 minutes prior to the start of the session.

These are guidelines. Discretion and common sense must be used when establishing procedures. The procedures must fit the type of meet and circumstances – the number of swimmers, lanes available, and time available.

D. General Warm-Up Period (as outlined in the table following)

1. The first 20-45 minutes are for general warm-up in all lanes (circle swim).
2. No racing starts or diving off the blocks or ledge of the pool at this time.
3. No sprinting or pace work; circle swimming only.

E. Specific Warm-Up Period (as outlined in the table following)

1. Designated during the last 20-45 minutes of pre-meet warm-up period or as directed by the Meet Referee or designee.

2. When sprint lanes are opened, an additional marshal should be assigned to supervise the starting blocks.
3. For 10-lane pools, the lane schedule is as follows:

	Total length of warm-up period	
	60 Minutes or More	45 Minutes
Lanes 1-10, No racing starts or diving. General warm-up swimming, circle swimming only	0-30	0-15
Lanes 2 & 9, Racing starts only. Sprints, one-way only. Lanes 1 & 10, No racing starts or diving. Push-off, Pace 50s. Lanes 3 – 8, No racing starts or diving. General warm-up swimming, circle swimming only.	30-45	15-30
Lanes 2, 3, 8, 9 Racing starts only. Sprints, one-way only. Lanes 1 & 10, No racing starts of diving. Push-off, Pace 50s. Lanes 4 – 7, No racing starts or diving. General warm-up swimming, circle swimming only.	45-60	30-45

Note: If two pools are available, only general warm-up (circle swimming) is allowed in the second pool.

4. For eight (8) lane pools, the lane schedule is as follows:

	Total length of warm-up period	
	60 Minutes or More	45 Minutes
Lanes 1-8, No racing starts or diving. General warm-up swimming, circle swimming only	0-30	0-15
Lanes 2 & 7, Racing starts only. Sprints, one-way only. Lanes 1 & 8, No racing starts or diving. Push-off, Pace 50s.	30-45	15-30

Lanes 3 – 6, No racing starts or diving. General warm-up swimming, circle swimming only.		
Lanes 2, 3, 6, 7 Racing starts only. Sprints, one-way only. Lanes 1 & 8, No racing starts of diving. Push-off, Pace 50s. Lanes 4 – 5, No racing starts or diving. General warm-up swimming, circle swimming only.	45-60	30-45

Note: If two pools are available, only general warm-up (circle swimming) is allowed in the second pool.

5. For seven (7) lane pools, the lane schedule is as follows:

	Total length of warm-up period	
	60 Minutes or More	45 Minutes
Lanes 1-7, No racing starts or diving. General warm-up swimming, circle swimming only	0-30	0-15
Lanes 2 & 6, Racing starts only. Sprints, one-way only. Lanes 1 & 7, No racing starts or diving. Push-off, Pace 50s. Lanes 3 – 5, No racing starts or diving. General warm-up swimming, circle swimming only.	30-45	15-30
Lanes 2, 3, 6 Racing starts only. Sprints, one-way only. Lanes 1 & 7, No racing starts of diving. Push-off, Pace 50s. Lanes 4 – 5, No racing starts or diving. General warm-up swimming, circle swimming only.	45-60	30-45

Note: If two pools are available, only general warm-up (circle swimming) is allowed in the second pool.

6. For six (6) lane pools, the lane schedule is as follows:

	Total length of warm-up period

	60 Minutes or More	45 Minutes
Lanes 1-6, No racing starts or diving. General warm-up swimming, circle swimming only	0-30	0-15
Lanes 2 & 5, Racing starts only. Sprints, one-way only. Lanes 1 & 6, No racing starts or diving. Push-off, Pace 50s. Lanes 3 & 4, No racing starts or diving. General warm-up swimming, circle swimming only.	30-45	15-30
Lanes 2, 4, 5 Racing starts only. Sprints, one-way only. Lanes 1 & 6, No racing starts of diving. Push-off, Pace 50s. Lane 3, No racing starts or diving. General warm-up swimming, circle swimming only.	45-60	30-45

Note: If two pools are available, only general warm-up (circle swimming) is allowed in the second pool.

F. Specific Team – Lane Assignment Warm-Up (Optional)

Where meet conditions warrant, host clubs may choose a specific team / lane assignment warm-up format. Each participating team will be assigned a specific lane for the entire warm-up period. Should this warm-up option be selected, a coach or marshal shall be assigned to each lane, at the start-end of the pool for the entire warm-up period.

	Total length of warm-up period	
	45 Minutes or More	30 – 45 Minutes
All Lanes, No racing starts or diving. General warm-up swimming, circle swimming only	0-30 or 45	0-20 or 25
All Lanes, Racing starts only. Sprints, one-way only, exit pool at opposite end.	30 or 45 To 45 or 60	20 or 25 To 30 or 45

Note: If two pools are available, only general warm-up (circle swimming) is allowed in the second pool.