

GEORGIA SWIMMING WARM UP PROCEDURES

I. Pre-Meet Warm-up Period

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

II. Warm-up Procedures and Guidelines

- A. No racing starts or diving allowed in the two outermost lanes.
- B. Important points for specific warm-up period:
 - 1. No racing or diving in lanes other than those designated for diving. The block may be marked to remind swimmers that they should not dive.
 - 2. Start all swimmers in all lanes at starting end of pool.
 - 3. Coaches should stand at starting end of pool when verbally starting swimmers on sprint and pace work.
 - 4. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
 - 5. Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one should be allowed on the starting block until the backstroker has executed 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 (page 2).
 - 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 authority through the meet referee / 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.
 - 6. The competition pool should be cleared from warm-up 10 minutes prior to the beginning of the meet.

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 (possibly only four at some meets) and time available.

III. General Warm-up Period

- A. The first 20-45 minutes are for general warm-up in all lanes (circle swimming).
- B. No Racing Starts or diving off the block or edge of the pool at this time.
- C. No sprinting or pace work.. Circle swimming only.

IV. Specific Warm-up Period

- A. Last 20-45 minutes of pre-meet warm-up period, or as directed by the meet referee.
- B. When sprint lanes are open, an additional marshal should be assigned to supervise the starting blocks.
- C. For ten (10) lane pools, the lane schedule is as follows:

	Total length of warm-up period	
	60 min. or more	45 min.
<u>Lanes 1 - 10, No Racing Starts Or Diving</u> General warm-up swimming Circle swimming only	0 - 30	0 - 15
<u>Lanes 2 & 9, Racing Start Only</u> Sprint, one way only <u>Lanes 1 & 10, No Racing Starts or Diving</u> Push off, pace 50's <u>Lanes 3 - 8, No Racing Starts or Diving</u> General warm-up swimming Circle swimming only	30 - 45	15 - 30
<u>Lanes 2, 3, 8, 9, Racing Start Only</u> Sprint, one way only <u>Lanes 1 & 10, No Racing Starts or Diving</u> Push off, pace 50's <u>Lanes 4 - 7, No Racing Starts or Diving</u> General warm-up swimming Circle swimming only	45 - 60	30 - 45

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

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

	Total length of warm-up period	
	60 min. or more	45 min.
<u>Lanes 1 - 8, No Racing Starts Or Diving</u> General warm-up swimming Circle swimming only	0 - 30	0 - 15
<u>Lanes 2 & 7, Racing Start Only</u> Sprint, one way only <u>Lanes 1 & 8, No Racing Starts or Diving</u> Push off, pace 50's <u>Lanes 3 - 6, No Racing Starts or Diving</u> General warm-up swimming Circle swimming only	30 - 45	15 - 30
<u>Lanes 2, 3, 6, 7, Racing Start Only</u> Sprint, one way only <u>Lanes 1 & 8, No Racing Starts or Diving</u> Push off, pace 50's <u>Lanes 4 & 5, No Racing Starts or Diving</u> General warm-up swimming Circle swimming only	45 - 60	30 - 45

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

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

	Total length of warm-up period	
	60 min. or more	45 min.
<u>Lanes 1 - 7, No Racing Starts Or Diving</u> General warm-up swimming Circle swimming only	0 - 30	0 - 15
<u>Lanes 2 & 6, Racing Start Only</u> Sprint, one way only <u>Lanes 1 & 7, No Racing Starts or Diving</u> Push off, pace 50's <u>Lanes 3 - 5, No Racing Starts or Diving</u> General warm-up swimming Circle swimming only	30 - 45	15 - 30
<u>Lanes 2, 3, 6, Racing Start Only</u> Sprint, one way only <u>Lanes 1 & 7, No Racing Starts or Diving</u> Push off, pace 50's <u>Lanes 4 & 5, No Racing Starts or Diving</u> General warm-up swimming Circle swimming only	45 - 60	30 - 45

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

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

	Total length of warm-up period	
	60 min. or more	45 min.
<u>Lanes 1 - 6, No Racing Starts Or Diving</u> General warm-up swimming Circle swimming only	0 - 30	0 - 15
<u>Lanes 2 & 5, Racing Start Only</u> Sprint, one way only <u>Lanes 1 & 6, No Racing Starts or Diving</u> Push off, pace 50's <u>Lanes 3 & 4, No Racing Starts or Diving</u> General warm-up swimming Circle swimming only	30 - 45	15 - 30
<u>Lanes 2, 4 & 5, Racing Start Only</u> Sprint, one way only <u>Lanes 1 & 6, No Racing Starts or Diving</u> Push off, pace 50's <u>Lanes 3, No Racing Starts or Diving</u> General warm-up swimming Circle swimming only	45 - 60	30 - 45

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

V. Specific Team - Lane Assignments 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 starting block end of the pool, for the entire warm-up period.

	Total length of warm-up period	
	45 min. or more	30 - 45 min.
<u>All Lanes, No Racing Starts Or Diving</u> General warm-up swimming Circle swimming only	0 - 30 or 45	0 - 20 or 25
<u>All Lanes, Racing Start Only</u> Sprint, one way only, exit pool at opposite end	30 or 45 to 45 or 60	20 or 25 to 30 or 45

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