

# Warm up Lane Assignments & Sprints / Diving

**\*\*Max 10 Swimmers per Lane\*\***

Swimmers must use the return lanes to come back to the start end, mask and then may go to speak to their Coach

## Coaches Responsibilities

- Ensure no more than 10 swimmers per lane at anytime
- Clear Sprint lanes to ensure 1 way swimming before beginning diving
- Ensure all swimmers your line to sprint remain masked (*only swimmer on blocks and next swimmer may be unmasked*)
- Enforce Sprint Protocol
- Coaches Responsible for retrieving and putting on ledges and removal as no specific Backstroke Sprint Lane will be available. Backstroke Ledges will be available for 13&Over Sessions.

## Sprint Protocol










1. Coaches can determine when they would like sprints to begin.
2. Swimmers **may line up** to dive but **must be masked**
3. Swimmers may remove their mask only when they are the next person to dive.
4. Swimmers on completion of Sprint/ Dive are to swim under the lane rope into the Return Lane
5. ON EXITING POOL SWIMMERS MUST MASK IMMEDIATELY

Lane Assignments for finals will be emailed out along with finals heat sheets










## 13 & OVER Prelims

	Competition Pool	Middle Pool	Competition Pool	Middle Pool
Saturday	7:00 – 7:40 am		7:45 – 8:25 am	
	Group A	Group B	Group C	Group D
Sunday	7:30-8:10 am		8:15-8:55 am	
	Group D	Group C	Group B	Group A










### Group A

									
Sprint	Return	Sprint	No Dive	Sprint	Return	Sprint	Sprint	Return	Sprint
9	8	7	6	5	4	3	2	1	0
WEST			spare	GHAC					











### Group B

									
Sprint	Return	Sprint	No Dive	Sprint	Return	Sprint	Sprint	Return	Sprint
9	8	7	6	5	4	3	2	1	0
WAAC			spare	WAC					

### Group C











									
Sprint	Return	Sprint	Return	Sprint	No Dive	Return	Sprint	Return	Sprint
9	8	7	6	5	4	3	2	1	0
MMST					Spare lane	SR		LLST	











### Group D

									
Sprint	Return	Sprint	Return	Sprint	Return	Sprint	Sprint	Return	Sprint
9	8	7	6	5	4	3	2	1	0
Surge		Acton		HHBF			BLEN		

## 12&UNDER

Competition Pool	Middle Pool
Group A	Group B
Group B	Group A

Group A									
									
Sprint	Return	Sprint	Return	Sprint	Sprint	Return	Sprint	Return	Sprint
9	8	7	6	5	4	3	2	1	0
WAC					LLST	LLST	BLEN	SSAT	AAD

Group B									
									
Return	Sprint	Return	Sprint	Sprint	Return	Sprint	Sprint	Return	Sprint
9	8	7	6	5	4	3	2	1	0
WEST		SR	WAAC	HHBF			GHAC		