



## Warm Up Procedures

This warm up procedure applies to the morning session only on Saturday and Sunday as the afternoon session warm up is self managed with numbers participating vastly reduced. The OMDSA thanks Brian Ford for developing this procedure and managing the warm up sessions.

1. All swimmers not competing in the AM session should not warm up. This will remove over 100 swimmers from each morning. As requested they should kindly warm up prior to the PM session.
2. This will leave approximately 345 swimmers to be broken up into two groups:

<b>Group 1</b>	8.00am - 8.45am	Saturday
	7.30am - 8.10am	Sunday
<b>Group 2</b>	8.45am - 9.30am	Saturday
	8.10am - 8.50am	Sunday

### Group 1

	1	2	3	4	5	6	7	8
LANE	Traralgon(31)	Traralgon(31)	Geelong(25)	Geelong(20) Wodonga City(8)	Warrnambool(25) Nyah Two Bays/Swan Hill(4)	Albury(17) Bendigo Hawks(5) Blue Lake Y(2)	Gisborne Thunder(10) Wodonga(10) Casterton(1) Kyabram(1)	Wangaratta(15) Grampians(1) Lara(2) Hamilton(3)

### Group 2

	1	2	3	4	5	6	7	8
LANE	Ballarat(16) YarrawongaMul(6) South Gisborne Sharks(3)	Shepparton(23) East Gippsland(4)	Ballarat Gold(23) Benalla(2) Finley(3)	Ballarat GCO(18) Echuca (5)	Sale(12) Kilmore(12) Sunraysia(6)	Geelong Sharks (23) Horsham(5)	Warragul(10) South Gippsland(19)	Bendigo East(27) Warracknabeal(1)

### 3. Warm Up Program (45 minutes)

#### First 30 minutes

16 X 50M from shallow end every 1.50 to 2.00 minutes with 5 second intervals.  
This will allow 25 - 28 swimmers to achieve 800 metres in just over 30 minutes.

#### Final 15 minutes

Dive starts to 25 metres, all lanes every 7-10 seconds.  
This will allow 5-6 starts and 25's to be completed for each swimmer.

### 4. Warm Up Control

Brian Ford has kindly offered his services to do the starts for the whole warm up - all the 50's and 25's. One start, one buzzer, one voice, the coaches can then get on with talking to their swimmers.

The safety of our swimmers is paramount and a controlled warm up in an 8 lane pool with up to 200 swimmers at one time in the designed format has, from experience, worked well and we thank Brian for his services.

### 5. In Summary

We trust the above format will be suitable. A disciplined and arranged approach to the warm up ensures every swimmer has the opportunity to complete a proper warm up.