Warm-Up Arrangements

To ensure a safe and effective warm-up environment for all athletes, warm-up periods have been allocated by **event** and not by **gender**. Coaches are asked to support the event team by ensuring that only swimmers competing in the relevant events attend their designated warm-up slot. Failure to adhere to the allocations may result in overcrowding and compromise swimmer safety.

In addition to the advertised warm-up times, a continuous warm-up facility will be available throughout each session. Swimmers will have access to:

- The 20m pool
- The teaching pool (available from **13:00 onwards on Saturday** and **throughout the day on Sunday**)

Please note the para-swimming warm-up arrangements:

- A dedicated para lane will be available during the middle warm-up period of Sessions 1, 3, 4 and 6.
- A dedicated para lane will be available throughout the entire warm-up period for Sessions 2 and 5.

To assist with the smooth running of warm-ups, we ask that **the club identified in the warm-up table as responsible for managing each warm-up period nominates one coach** to make themselves known to the event team on arrival and collect a microphone. During the final 5-7 minutes of each warm-up period, designated start lanes will operate on a one-way sprint format, and the nominated coach's support in helping to manage and enforce this will be greatly appreciated.

If your club is the designated warm-up management club for a particular warm-up period and is unable to provide a coach, please contact Paul at:

head-coach@maidenheadmarlins.com