

BROKEN BAY COMBINED SWIMMING 2025 – WARM-UP PROCEDURE

There will be a dedicated, supervised warm-up for all competitors in the 50m competition pool from 8.00am-8.15am. From 8.30am, students are free to warm-up/cooldown in the utility pool under the supervision of allocated staff.

Lane 9	Supervised dive entries only for Secondary students – no lap swimming						
	*Swimmers must exit the water by the 25m ladder						
Lanes	Secondary 50m lap swimming						
5-8	*NO DIVING – must exit at scoreboard end of pool via ladder in lane 9						
Lane 4	Circular lap swimming ONLY						
	*NO DIVING – must exit at scoreboard end of pool via lane 0						
Lanes	Primary 50m lap swimming						
1-3	*NO DIVING – must exit at scoreboard end of pool via ladder in lane 0						
Lane 0	Supervised dive entries for Primary students – no lap swimming						
	*Swimmers must exit the water by the 25m ladder						

**Parents are NOT allowed on pool deck during any warm-ups

			WALKBRIDGE						
SECONDARY DIVING ONLY - NO LAPS - EXIT POOL AT		∠ SECONDARY LAP SWIMMING – EXIT AT END VIA LANE 9	SECONDARY LAP SWIMMING – EXIT AT END VIA LANE 9	SECONDARY LAP SWIMMING – EXIT AT END VIA LANE 9	CIRCULAR LAP SWIMMING ONLY – EXIT AT END VIA LANE	PRIMARY LAP SWIMMING – EXIT AT END VIA LANE 0	PRIMARY LAP SWIMMING – EXIT AT END VIA LANE 0	PRIMARY LAP SWIMMING – EXIT AT END VIA LANE 0	PRIMARY DIVING ONLY - NO LAPS – EXIT POOL AT 25M
9	8	/	6	5	4	3	2	1	0

COMPETITION POOL

**SWIMMERS MUST NOT EXIT THE POOL OVER THE TOUCH PADS AT ANY TIME

UTILITY POOL – warm-up & cool-down during meet from 8.30am