

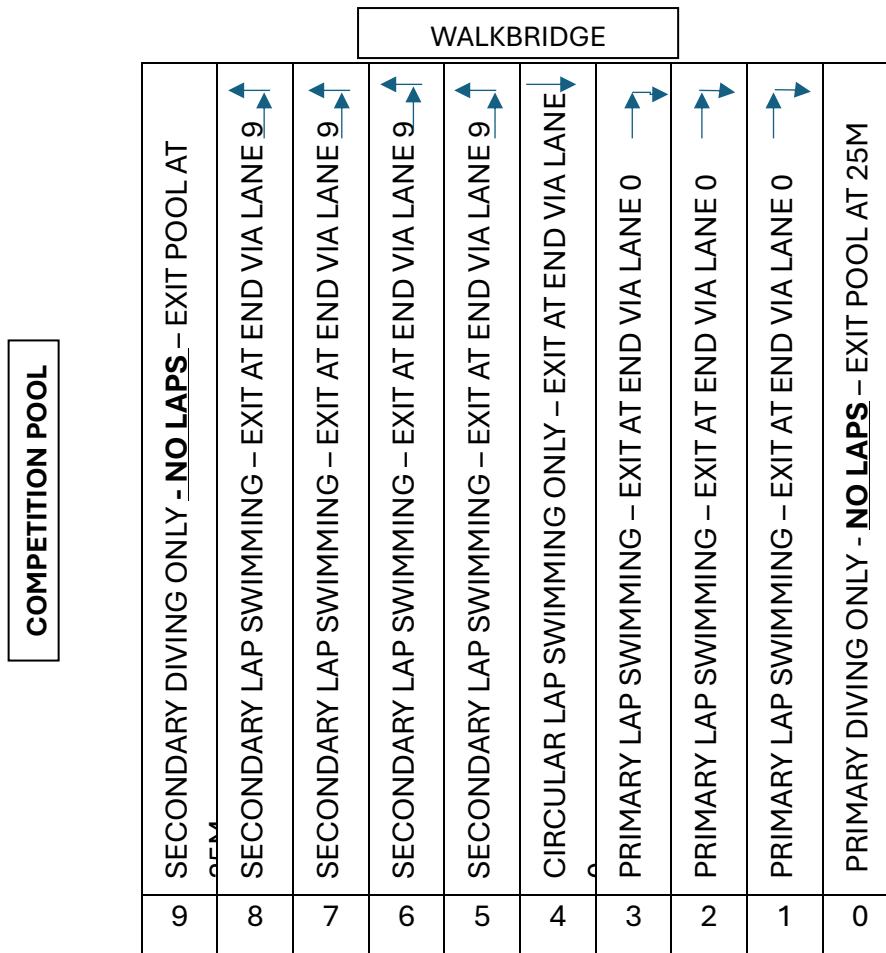


BROKEN BAY COMBINED SWIMMING 2025 – WARM-UP PROCEDURE

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/cool-down 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 5-8	Secondary 50m lap swimming *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 1-3	Primary 50m lap swimming *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**



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

UTILITY POOL –

warm-up & cool-down
during meet from 8.30am