

Weekend 3

Warm-up and 1500m

Saturday

Session 10

Warm-up

08:30 – 08:55	All swimmers
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Break

There will be a (minimum) 20-minute break after heat 3 of the 1500m. We estimate this will be at about 10:25am. The 50m pool will be available for warm-up / cool-down during this break. Swimmers in heats 4,5,6 and 7 of the 1500m may prefer to warm-up in this break rather than at 8:30am.

We do not expect the teaching pool to be available on the Saturday morning.

Session 11

Warm-up

12:30 – 12:50	Boys: 15 and 16 years old
12:50 – 13:10	Mixed: 17 years and over
13:10 – 13:30	Girls: 15 and 16 years old

Break

There will be a 20-minute break between the heats and finals. We estimate this will be at about 15:50. Relay swimmers and finalists may use the 50m pool at this time provided they are under coaches' supervision.

We expect the teaching pool will be available on the Saturday afternoon.

Sunday

Session 12

Warm-up

08:30 – 08:55	All swimmers
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Break

There will be a (minimum) 20-minute break between heats 2 and 3 of the 1500m. We estimate this will be at about 10:00. Swimmers in heats 3, 4 and 5 of the 1500m may prefer to warm-up in the main pool during this break.

We expect the teaching pool to be available on the Sunday morning.

Session 13

12:00 – 12:20	Girls: 15 and 16
12:20 – 12:40	Mixed: 17 and over
12:40 – 13:00	Boys: 15 and 16

There will be a 20-minute break between the heats and finals. We estimate this will be at about 15:45. Relay swimmers and finalists may use the main pool at this time provided they are under coaches' supervision.

We expect the teaching pool will be available on the Sunday afternoon.

1500m Arrangements

There will be a break in the middle of the 1500m events each day.

Swimmers may warm-up before the start of the session or during the break. We have provided **estimated** times for the start of the break. The actual time of the break may be a little earlier or later.

To ensure swimmers know if they will be swimming before or after the break, we will publish a **provisional** start list as soon as possible after 5pm the evening before each 1500m event. The list will be provided on Meet Mobile and emailed to club entry coordinators.

The provisional start list may be adjusted if we receive any subsequent withdrawals before the start of warm-up. However, we will not make any changes that result in swimmers being moved to the other side of the break. This ensures any swimmer who is told the previous evening they are swimming after the break can be confident they can elect to warm-up in the break if they wish.

We ask that clubs submit all withdrawals from the 1500m before 5pm on the day before the event if possible. However, the final deadline for withdrawals remains the start of warm-up.

Notes

- Age refers to competition age (ie. age as at 31/12/2023)
- During warm-up the safety limit is a maximum of 18 swimmers per lane. Coaches must ensure this number is not exceeded.