

## Florida Gold Coast Warm-up Procedure

### Overview

1. *Feet -first* entry are required. At no time should the athlete enter the water head -first unless practice starts are being directly supervised by their coach.
2. All swimming should be done in a counter-clockwise direction.
3. No equipment in general warm-up. No paddles, pull buoys, fins, assisted or resisted cords and/or similar such devices that could result in injuries to swimmers or damage to equipment. The Referee may permit equipment in specially designated areas with prior coordination.

### GENERAL WARM-UP PERIOD

1. Usually consists of the first 30 – 45 min. of the warm-up session.
2. NO DIVING... Swimmers must enter the water feet first.
3. No sprinting or pace work.
4. All lanes - GENERAL WARMUP

### CONTROLLED WARM-UP PERIOD

1. **Pace lanes – last 40 minutes of warm up.** Push- off one or two lengths, circle swimming only (counter - clockwise), NO DIVING, feet first entries only.
2. **Practice Racing Starts – Last 30 Minutes of warm-ups.** Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do **NOT** return via the pace lanes.
3. **General Lanes -** Circle swimming only (counter clockwise only).

Pool Size	Push/pace	Race starts/ Sprints	General
5 lane	Lanes 1& 5	Lanes 2	Lane 3 &4
6 lane	Lanes 1& 6	Lanes 2& 5	Lanes 3 &4
8 lane	Lanes 1 & 8	Lanes 2&6	Lanes 3,4,& 6
10 lane	Lanes 1 &10	Lanes 2, 6&9	Lanes 3,5,7,&8