

55<sup>th</sup> WNCAA 2025

**S W I M M I N G**



WARM UP GUIDELINES

All lanes in the Competition Pool are CIRCLE SWIMMING ONLY, until 7:30 A.M. in the morning when the competition pool converts to the following diagram.

<b>8</b>	<b>7</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>25m Dive Sprint Only</b>	<b>Turn Practice Only</b>	<b>Circle Only</b>	<b>Circle Only</b>	<b>Circle Only</b>	<b>50m Pace Lane Only</b>	<b>Turn Practice Only</b>	<b>15m Dive Sprint Only</b>
<b>15m Dive Sprint Only</b>	<b>25m Dive Sprint Lane</b>	<b>Circle Only</b>	<b>Circle Only</b>	<b>Circle Only</b>	<b>50m Pace Lane Only</b>	<b>25m Dive Sprint Lane</b>	<b>15m Dive Sprint Only</b>
<b>8</b>	<b>7</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

**COMPETITION POOL    START / FINISH END**

**Competition pool:**

- There is NO DIVING AT ALL until 7:30 A.M. then diving is only allowed in those lanes marked to do so.
- There is NO DIVING IN CIRCLE SWIMMING LANES AND TURN PRACTICE LANES, entry to these lanes is to be feet first, from a sitting position.
- *NO PADDLES ARE TO BE USED DURING WARM UP*

**RICHARD G. LUNA**  
Swimming Commissioner