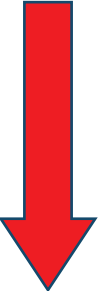
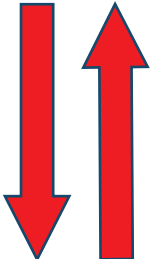










# WARM UP GUIDELINES (50 M COMPETITIONS)

COMPETITION POOL  
START / FINISH END

0 lane	1 lane	2 lane	3 lane	4 lane	5 lane	6 lane	7 lane	8 lane	9 lane
STARDID/ SPRINT Dive/Start/Sprint	KIIRENDUSED Pace lane	SOOJENDUS UJUMINE Circle Only	SOOJENDUS UJUMINE Circle Only	SOOJENDUS UJUMINE Circle Only	SOOJENDUS UJUMINE Circle Only	SOOJENDUS UJUMINE Circle Only	SOOJENDUS UJUMINE Circle Only	SELILI STARDID Backstroke Starts	STARDID/ SPRINT Dive/Start/Sprint
									
<b>No entry</b>	KIIRENDUSED Pace lane	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	<b>No entry</b>	<b>No entry</b>
0 lane	1 lane	2 lane	3 lane	4 lane	5 lane	6 lane	7 lane	8 lane	9 lane

**SOOJENDUSREEGLID:** 0 & 9 – stardid / 8 – selili stardid / 1 – sprint / tempo / 2–7 – ringliiklus (*stardid keelatud*)

**SOOJENDUS AUTASUSTAMISE AJAL:** 0–4 – ujumine (*kuni 10 min*) / 5–9 – vaba

**⊘ KEELATUD!** Lestad • labad • kummilindid

**WARM-UP RULES:** 0 & 9 – starts / 8 – backstroke starts / 1 – sprint / pace / 2–7 – circle swimming (*no starts*)

**WARM-UP DURING CEREMONY:** 0–4 – swimming (*max 10 min*) / 5–9 – clear

**⊘ Fins • paddles • bands**