



MEET \_\_\_\_\_ DATE / /

SESSION \_\_\_\_\_ REFEREE \_\_\_\_\_

Warm-up Procedure

(Circle one) Open or Assigned (Preferred)?

**If Assigned:**

Announce the following: **“Warm-ups will be conducted in assigned lanes. Coaches may begin specific warm-up such as sprinting or pacing in their assigned lanes at their discretion.”** Then announce the lane assignments:

Lane Assignments:	Lane	Club
	1. _____	6. _____
	2. _____	7. _____
	3. _____	8. _____
	4. _____	9. _____
	5. _____	10. _____

**If Open:**

Announce the following: **“There will be open warm-ups this session. We will start with a \_\_\_\_\_ minute general warm-up. Coaches are reminded to ensure the safety of their swimmers during the warm-up. During the general warm-up, swimmers may only enter the pool feet first. During specific warm-ups, swimmers may use the starting blocks to practice normal racing starts in the sprint lanes only. Sprint lanes are one way only.”**

Amount of time designated for warm-ups:

General: \_\_\_\_\_ minutes      Specific: \_\_\_\_\_ min

Pace Lanes: Outside lanes \_\_\_ & \_\_\_ Additional: \_\_\_\_\_

Sprint Lanes: \_\_\_\_\_

If a Prelims and Finals Meet, Final Scratches:

Swimmer	Club	Event Missed	Sex
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



**Describe Unusual Events, Decisions, Etc.:**

**Session Referees:** Your signature indicates, “I have read the Meet Pass Down List and continued the procedures used so far or have made the changes indicated.”

<b>Referee’s Name</b>	<b>Session</b>	<b>Date</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____