Warm Up Schedule

- Warm ups are 15 minutes long
- Continuous swimming in each lane until the Warm Up marshall announces sprint lanes towards the end of each warm up.
- 10 swimmers maximum in each lane.
- No diving permitted except in designated sprint lanes.
- Even lanes will be swum anti-clockwise, odd lanes will be swum clockwise.
- **Coaches must monitor the conduct of their swimmers at all times.**

Saturday 24th – Session 1

13:30 to 13:45 – 10 Years Girls & 10/11 Years Boys
13:45 to 14:00 – 11/12 Years Girls
14:00 to 14:15 – 13 Years Girls & 12/13 Years Boys
14:15 to 14:30 – 14 Years Girls & 14 Years Boys

Sunday 25th – Session 2

09:00 to 09:15 – 10/11/12 Years Boys
09:15 to 09:30 – 10/11 Years Girls
09:30 to 09:45 – 12 Years Girls & 13/14 Years Boys
09:45 to 10:30 – 13/14 Years Girls

Sunday 25th – Session 3

12:45 to 13:00 – 10 Years Girls & 10/11 Years Boys
13:00 to 13:15 – 11 Years Girls & 12 Years Boys
13:30 to 13:45 – 12 Years Girls & 13/14 Years Boys
13:45 to 14:00 – 13/14 Years Girls