

# Warm up times

Saturday

## Session 1

1.15-1.30pm – Girls & Boys age 9-10

1.30-1.45pm – Girls age 11-12

1.45-2.00pm – Girls age 13+

2.00-2.15pm – Boys age 11+

Racing from 2.15pm

## Session 2

4.45-5.00pm – Girls & Boys age 9-10

5.00-5.15pm – Girls age 11-12

5.15-5.30pm – Girls age 13+

5.30-5.45pm – Boys age 11+

Racing from 5.45pm

We request that swimmers do not climb out at the diving end of the pool during warm ups – This will mean dives will run more smoothly and safely.

The last 5 mins of each warm up will have dive lanes in 1-3 & 6-8

# Warm up times

Sunday

## Session 3

8.30-8.45am – Girls & Boys age 9-10

8.45-9.00am – Girls age 11-12

9.00-9.15am – Boys 15+ & Girls age 13+

9.15-9.30am – Boys age 11-14

Racing from 9.30am

## Session 4

1.30-1.45pm – Girls & Boys age 9-10

1.45-2.00pm – Girls age 11-12

2.00-2.15pm – Boys 15+ & Girls age 13+

2.15-2.30pm – Boys age 11-14

Racing from 2.30pm

We request that swimmers do not climb out at the diving end of the pool during warm ups – This will mean dives will run more smoothly and safely.

The last 5 mins of each warm up will have dive lanes in 1-3 & 6-8