

# Warm up times

Saturday

## Session 1

8.30-8.45am – Girls age 9-10

8.45-9.00am – Girls age 11-12 & any older girls in 200 Fly

9.00-9.15am – Boys age 9-12

9.15-9.30am – Girls & Boys age 13+

Racing from 9.30am

## Session 2

1.00-1.15pm – Girls age 9-11

1.15-1.30pm – Girls age 12-13

1.30-1.45pm – Girls & Boys age 14+

1.45-2.00pm – Boys age 9-13

Racing from 2.00pm

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 age 9-10

8.45-9.00am – Girls age 11-12

9.00-9.15am – Boys 14+ & Girls age 13+

9.15-9.30am – Boys age 9-13

Racing from 9.30am

## Session 4

1.00-1.15pm – Boys age 9-11

1.15-1.30pm – Boys age 12+

1.30-1.45pm – Girls age 9-12

1.45-2.00pm – Girls age 13+

Racing from 2.00pm

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