

# Warm up times

Saturday

## Session 1

8.15-8.29am – Girls & Boys age 9-10

8.29-8.43am – Girls age 11-12

8.43-8.57am – Girls age 13+ & Boys age 14+

8.57-9.11am – Boys age 11-13

Racing from 9.15am

## Session 2

1.00-1.14pm – Girls age 9-12

1.14-1.28pm – Girls age 13-14

1.28-1.42pm – Girls age 15+ & Boys age 14+

1.42-1.56pm – 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

8.15-8.29am – Girls age 11-12

8.29-8.43am – Girls age 13+

8.43-8.57am – Girls & Boys age 9-10

8.57-9.11am – Boys age 11+

Racing from 9.15am

## Session 4

1.00-1.14pm – Boys age 9-12

1.14-1.28pm – Boys age 13+

1.28-1.42pm – Girls age 9-12

1.42-1.56pm – Girls age 13+

Racing from 2.00pm

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