

# Warm up times

Saturday

## Session 1

8.30-8.45am – All swimmers age 11

8.45-9.00am – Girls age 12-13 & Boys/Open age 12

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

9.15-9.30am – All swimmers aged 9-10

Racing just after 9.30am

## Session 2

1.15-1.30pm – Girls age 9-12

1.30-1.45pm – Girls age 13+

1.45-2.00pm – Boys/Open age 9-12

2.00-2.15pm – Boys/Open age 13+

Racing just after 2.15pm

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 11-12

8.45-9.00am – Girls age 13+

9.00-9.15am – All swimmers age 9-10

9.15-9.30am – Boys/Open age 11+

Racing just after 9.30am

## Session 4

1.15-1.30pm – Boys/Open age 9-11

1.30-1.45pm – Boys/Open age 12+

1.45-2.00pm – Girls age 9-12

2.00-2.15pm – Girls age 13+

Racing just after 2.15pm

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