

Warm up times

Saturday

Session 1

8.00-8.15am – Girls age 11-13

8.15-8.30am – Girls & Boys age 9-10

8.30-8.45am – Girls age 14+ & Boys age 15+

8.45-9.00am – Boys age 11-14

Racing from 9.00am

Session 2

1.00-1.15pm – Boys age 11-14

1.15-1.30pm – Boys & Girls age 9-10

1.30-1.45pm – Girls age 14+ & Boys age 15+

1.45-2.00pm – Girls age 11-13

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

8.00-8.15am – Boys age 11-14

8.15-8.30am – Boys & Girls age 9-10

8.30-8.45am – Girls age 14+ & Boys age 15+

8.45-9.00am – Girls age 11-13

Racing from 9.00am

Session 4

1.00-1.15pm – Girls age 11-13

1.15-1.30pm – Girls & Boys age 9-10

1.30-1.45pm – Girls age 14+ & Boys age 15+

1.45-2.00pm – Boys age 11-14

Racing from 2.00pm

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