

Future Stars Warmup Level 3 2026

Saturday Morning Warmup Times Session 1	
Female 9 to 12	08.00 to 08.15am
Female 13 and Over	08.15 to 08.30am
Open/Male 9 to 12	08.30 to 08.45am
Open/Male 13 and Over	08.45 to 09.00am

Saturday Afternoon Warmup Times Session 2	
Open/Male 9 to 12	13.15 to 13.30pm
Open/Male 13 and Over	13.30 to 13.45pm
Female 9 to 12	13.45 to 14.00pm
Female 13 and Over	14.00 to 14.15pm

Sunday Morning Warmup Times Session 3	
Open/Male 9 to 12	08.00 to 08.15am
Open/Male 13 and Over	08.15 to 08.30am
Female 9 to 12	08.30 to 08.45am
Female 13 and Over	08.45 to 09.00am

Sunday Morning Warmup Times Session 4	
Female 9 to 12	13.15 to 13.30pm
Female 13 and Over	13.30 to 13.45pm
Open/Male 9 to 12	13.45 to 14.00pm
Open/Male 13 and Over	14.00 to 14.15pm

Sprint lanes will be opened in the last 5 minutes of each warmup at our discretion.