

Warm up times

Saturday

Session 1

8.00-8.15am – Open/Male age 9-12

8.15-8.30am – Open/Male age 13+

8.30-8.45am – Girls 9-12

8.45-9.00am – Girls age 13+

Racing from 9.00am

Session 2

1.00-1.15pm – Girls 9-12

1.15-1.30pm – Girls age 13+

1.30-1.45pm – Open/Male age 9-12

1.45-2.00pm – Open/Male age 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 – Girls 9-12

8.15-8.30am – Girls age 13+

8.30-8.45am – Open/Male age 9-12

8.45-9.00am – Open/Male age 13+

Racing from 9.00am

Session 4

1.00-1.15pm – Open/Male age 9-12

1.15-1.30pm – Open/Male age 13+

1.30-1.45pm – Girls 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