

SURREY AG CHAMPIONSHIPS RELAY GALA 2025

WARM UP SCHEDULE

	<u>START</u>	<u>SPRINTS ONLY FROM BLOCKS @ DIVING PIT END</u>	<u>END</u>	<u>GENDER</u>	<u>AGE</u>
SESSION 1					
20 LANES	08.00	08.15	08.30	ALL	14 YRS & OVER
20 LANES	08.30	08.45	09.00	ALL	10/11 YEARS
20 LANES	09.00	09.15	09.30	ALL	12/13 YEARS
COMPETITION START TIME	09.40				
SESSION 2					
20 LANES	12.45	13.00	13.15	ALL	14 YRS & OVER
20 LANES	13.15	13.30	13.45	ALL	10/11/ YEARS
20 LANES	13.45	14.00	14.15	ALL	12/13 YEARS
COMPETITION START TIME	14.25				

**SPRINT STARTS WILL ONLY TAKE PLACE FROM THE BLOCKS IN THE POOL AT
THE DIVING PIT END. THOSE NOT WISHING TO DO START WARM UPS CAN
CONTINUE WARM UP IN THE OTHER POOL.**

NO DIVING FROM THE BOOM

**PLEASE CLEAR THE POOL PROMPTLY AT THE END OF EACH
SESSION**