

WARM UP SCHEDULE 1ST/2ND FEBRUARY 2025

PLEASE ADHERE TO TIMINGS AND AGE CATEGORY FOR SAFETY PURPOSES

	<u>START</u>	<u>SPRINT LANE</u>	<u>End</u>	<u>M/Open or F</u>	<u>AGE</u>
<u>Session 5</u>	08.00	N/A	08.30	F	1500M swimmers only
<u>Non 1500m swimmers</u>	10.00 approx.	10.10	10.15	M/OPEN	14yrs & under
	10.15	10.25	10.30	M/OPEN	15yrs & over
	10.30	10.40	10.45	F	14yrs & under
	10.45	10.55	11.00	F	15yrs & over
<u>Session 6</u>	14.00	14.10	14.15	M/OPEN	14yrs & under
	14.15	14.25	14.30	M/OPEN	15yrs & over
	14.30	14.40	14.45	F	14yrs & under
	14.45	14.55	15.00	F	15yrs & over
<u>Session 7</u>	08.00	N/A	08.15	M/OPEN	800M swimmers only
	08.15	N/A	08.30	F	400M swimmers only
<u>Non 800 & 400M swimmers</u>	10.45 approx.	10.55	11.00	M/OPEN	14yrs & under
	11.00	11.10	11.15	M/OPEN	15yrs & over
	11.15	11.25	11.30	F	14yrs & under
	11.30	11.40	11.45	F	15yrs & over
<u>Session 8</u>	14.15	14.25	14.30	F	14yrs & under
	14.30	14.40	14.45	F	15yrs & over
	14.45	14.55	15.00	M/OPEN	14yrs & under
	15.00	15.10	15.15	M/OPEN	14yrs & over

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

****DO NOT CLIMB OVER THE TIMING PADS****

THANK YOU