

Warm up Schedule

	Session 1	Session 2	Session 3	Session 4
	8:30am	1:15pm	8:30am	12:45pm
Group 1	Boys & Girls 10yrs 8:30 - 8:40am <i>Lane 1-6</i>	Boys & Girls 10yrs 1:15 - 1:25pm <i>Lane 1-6</i>	Boys & Girls 10yrs 8:30 - 8:40am <i>Lane 1-6</i>	Boys & Girls 10yrs 12:45 - 12:55pm <i>Lane 1-6</i>
Group 2	Boys & Girls 11yrs 8:40-8:50am <i>Lane 1-5</i>	Boys & Girls 11yrs 1:25-1:35pm <i>Lane 1-5</i>	Boys & Girls 11yrs 8:40-8:50am <i>Lane 1-5</i>	Boys & Girls 11yrs 12:55-1:05pm <i>Lane 1-5</i>
Group 3	Boys & Girls 12yrs 8:50-9:00am <i>Lane 1-5</i>	Boys & Girls 12yrs 1:35-1:45pm <i>Lane 1-5</i>	Boys & Girls 12yrs 8:50-9:00am <i>Lane 1-5</i>	Boys & Girls 12yrs 1:05-1:15pm <i>Lane 1-5</i>
Group 4	Boys & Girls 13yrs 9:00-9:10am <i>Lane 1-5</i>	Boys & Girls 13yrs 1:45-1:55pm <i>Lane 1-5</i>	Boys & Girls 13yrs 9:00-9:10am <i>Lane 1-5</i>	Boys & Girls 13yrs 1:15-1:25pm <i>Lane 1-5</i>
Group 5	Boys & Girls 14yrs 9:10-9:20am <i>Lane 1-5</i>	Boys & Girls 14yrs 1:55-2:05pm <i>Lane 1-5</i>	Boys & Girls 14yrs 9:10-9:20am <i>Lane 1-5</i>	Boys & Girls 14yrs 1:25-1:35pm <i>Lane 1-5</i>
Group 6	Boys & Girls 15/OV 9:20-9:30am <i>Lane 1-5</i>	Boys & Girls 15/OV 2:05-2:15pm <i>Lane 1-5</i>	Boys & Girls 15/OV 9:20-9:30am <i>Lane 1-5</i>	Boys & Girls 15/OV 1:35-1:45pm <i>Lane 1-5</i>
	First race at 9:40am	First race at 2:25pm	First race at 9:40am	First race at 1:55pm

**Please note: Warm up times are provisional times only.
Please check for any changes at the start of each session.**

Team Managers/Coaches to supervise their own swimmers.

LANES 1 to 5 - Warm up

Swimmers to enter the water at the deep end
Jump from starting blocks, do not stand on AOE pads and do not dive
Please swim in a clockwise direction in lanes 1, 3 & 5
Please swim in an anti-clockwise direction in lanes 2, 4 & 6

LANE 6 - Sprint lane

Designated one-way sprint lane, starting at the deep end