

Warm up Schedule

	Session 7	Session 8	Session 9	Session 10
	<i>8:30am</i>	<i>1:30pm</i>	<i>8:30am</i>	<i>1:15pm</i>
Group 1	Girls 13/UN	Boys 13/UN	Boys 13/UN	Boys & Girls 13/OV
Group 2	Girls 14/OV	Boys 14/OV	Boys 14/OV	
Group 3	Boys 13/UN	Girls 13/UN	Girls 13/UN	Boys & Girls 12/UN
Group 4	Boys 14/OV	Girls 14/OV	Girls 14/OV	
	15 mins per group	15 mins per group	15 mins per group	15 mins per group

**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 7 - 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 & 7
Please swim in an anti-clockwise direction in lanes 2, 4 & 6

LANE 8 - Sprint lane

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