

# Diss Open 2019

## Warm up schedule

	<b>Session 1 8:15am</b>	<b>Session 2 1:15pm</b>
Group 1	Boys & Girls 10/UN	Boys & Girls 10/UN
Group 2	Boys & Girls 11+12yrs	Boys & Girls 11+12yrs
Group 3	Boys & Girls 13+14yrs	Boys & Girls 13+14yrs
Group 4	Boys & Girls 15/OV	Boys & Girls 15/OV

**10 minutes 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 starting 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 & 8

### LANE 8 - Sprint lane

Designated one-way sprint lane, starting at the deep end from Group 2 onwards