

Warm Up Schedule

	Session 1	Session 2	Session 3
	<i>Sat - 2:00pm</i>	<i>Sun - 8:30am</i>	<i>Sun - 12:30pm</i>
<i>Group 1</i>	Boys & Girls 10-11yrs 2:00 – 2:15pm Sprint Lanes 2:15 – 2:20pm	Boys & Girls 10-11yrs 8:30 – 8:45am Sprint Lanes 8:45 – 8:50am	Boys & Girls 10-11yrs 12:30 – 12:45pm Sprint Lanes 12:45 – 12:50pm
<i>Group 2</i>	Boys & Girls 12-13yrs 2:20 – 2:35pm Sprint Lanes 2:35 – 2:40pm	Boys & Girls 12-13yrs 8:50 – 9:05am Sprint Lanes 9:05 – 9:10am	Boys & Girls 12-13yrs 12:50 – 1:05pm Sprint Lanes 1:05 – 1:10pm
<i>Group 3</i>	Boys & Girls 14/OV 2:40 – 2:55pm Sprint Lanes 2:55 – 3:00pm	Boys & Girls 14/OV 9:10 – 9:25am Sprint Lanes 9:25 – 9:30am	Boys & Girls 14/OV 1:10 – 1:25pm Sprint Lanes 1:25 – 1:30pm

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.

Warm Up – Lanes 1-6

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

Sprint lanes – Lanes 1-6

Designated one-way sprint lane, starting at the deep end only during the last 5 minutes of each warm up