



- Strictly no diving during any warm-up sessions, except in the designated sprint lanes.
- Odd lanes will swim clockwise (1, 3, 5, 7). Even lanes (2, 4, 6, 8) will swim counter clockwise.
- All swimmers must leave the water by the side of the pool and not over the timing pads.
- Coaches should manage the lanes their swimmers are using during the warm-up sessions.
- Guidance will be given by the meet announcer and warm-up marshals.

FRIDAY – SESSION 1				
Age Group	Start		Finish	
Female	6.15pm		6.40pm	
Male	6.41pm		7.06pm	
SATURDAY – SESSION 2				
Age Group	Start		Finish	
All swimmers	8.00am		8.50am	
SATURDAY – SESSIONS 3 & 4				
	SESSION 3		SESSION 4	
Age Group	Start	Finish	Start	Finish
Male 15/Over	10.15am	10.28am	2.30pm	2.43pm
Female 14/Over	10.29am	10.42am	2.44pm	2.57pm
Male 14/Under	10.43am	10.56am	2.58pm	3.11pm
Female 13/Under	10.57am	11.10am	3.12pm	3.25pm
SUNDAY – SESSION 5				
Age Group	Start		Finish	
All swimmers	8.00am		8.50am	
SUNDAY – SESSIONS 6 & 7				
	SESSION 6		SESSION 7	
Age Group	Start	Finish	Start	Finish
Male 15/Over	10.30am	10.43am	3.00pm	3.13pm
Female 14/Over	10.44am	10.57am	3.14pm	3.27pm
Male 14/Under	10.58am	11.11am	3.28pm	3.41pm
Female 13/Under	11.12am	11.25am	3.42pm	3.55pm

Warm up and Session start times for Sessions 3, 4, 6 and 7 may be subject to change – please listen for announcements on the day. However, they will not start earlier than published in the programme.