



Warm up schedule

All timings are subject to change

Saturday 30th June 2018

Session 1	Start: 08:15 a.m. Finish: 08:35 a.m.	Start: 08:35 a.m. Finish: 08:55 a.m.
Lanes 0 to 4	Boys 14 and under	Girls 14 and under
Lanes 5 to 9	Boys 15 and over	Girls 15 and over

Session 2	Start: 10:50 a.m. Finish: 11:10 a.m.	Start: 11:10 a.m. Finish: 11:30 a.m.
Lanes 0 to 3	Mixed – 800 Free swimmers	Mixed 14 and over
Lanes 4 to 9	Mixed 13 and under	Mixed 14 and over

Session 3	Start: 1:55 p.m. Finish: 2:15 p.m.	Start: 2:15 p.m. Finish: 2:35 p.m.
Lanes 0 to 4	Girls 14 and under	Boys 14 and under
Lanes 5 to 9	Girls 15 and over	Boys 15 and over

Sunday 1st July 2018

Session 4	Start: 08:15 a.m. Finish: 08:35 a.m.	Start: 08:35 a.m. Finish: 08:55 a.m.
Lanes 0 to 4	Girls 14 and under	Boys 14 and under
Lanes 5 to 9	Girls 15 and over	Boys 15 and over

Session 5	Start 11:10 a.m. Finish 11:30 a.m.	Start 11:30 a.m. Finish 11:50 a.m.
Lanes 0 to 3	Mixed – 1500 Free swimmers	Mixed 14 and over
Lanes 4 to 9	Mixed 13 and under	Mixed 14 and over

Session 6	Start 2:25 p.m. Finish 2:45 p.m.	Start 2:45 p.m. Finish 3:05 p.m.
Lanes 0 to 4	Boys 14 and under	Girls 14 and under
Lanes 5 to 9	Boys 15 and over	Girls 15 and over