

Details of the warm up and timings for the Fast 5

Sunday 3 July at GL1 start 10.15am

WARM UP

Lanes 1 – 6 Continuous swimming for 9 minutes followed by sprints for 9 minutes from start end

Lane 7 25m sprints with a dive

Lane 8 25m Backstroke sprints ONLY

Start times from scoreboard end

GIRLS

8.50 11/12 yrs

8.59 13 yrs

9.08 14 yrs

9.17 15yrs & over

BOYS

9.26 11/12 yrs

9.35 13 yrs

9.44 14 & 15 yrs

9.53 16 yrs & over

10.11 Warm up ends

10.15 Morning session events 1 – 5.

12.50 Break and lunch, pool not available for swimming.

1.35 Afternoon session event 6 – 10.

3.50 Presentation of awards to the top 3 in each age group.