



GCASA BRITISH GAS CHAMPIONSHIPS 2018



Warm-ups

- Enter warm-up lanes at the end furthest from the changing rooms only.
- Swim clockwise in odd-numbered lanes , anti-clockwise in even-numbered lanes
- Keep to the designated times and leave the pool quickly when asked to do so.
- **Do not** dive or perform backstroke starts except in designated sprint lanes.
- **Do not** cross sprint lanes to exit the pool.
- **Do not** climb out over the timing pads.

Session 21: Sunday am 25th February

09:15 - 09:30	Girls 13 and 14yrs
09:30 - 09:45	Girls 15yrs and over
09:45 - 10:00	Boys 9yrs, 10yrs and 11yrs
10:00 - 10:15	Boys 12yrs and over

Session 22: Sunday p.m. 25th February

13:35 - 13:50	Boys 13 and 14 yrs
13:50 - 14:05	Boys 15yrs and over
14:05 - 14:20	Girls 9yrs, 10yrs, and 11yrs
14:20 - 14:35	Girls 12 yrs and over