

Warm Up schedule -Session 7 - Sat 10th February 2018

Lane	10:15 to 10:30	10:30 to 10:45	10:45 to 11:00	11:00 to 11:15	11:15 to 11:30	11:30 to 11:45
1	Boys 10-11yrs 12yrs and 13 yrs (101off)	Boys 14 yrs and 15 yrs (65off)	Boys 16 yrs and Over (63off)	Girls 10-11yrs 12 yrs and 13yrs (53off)	Girls 14 yrs and 15 yrs (72off)	Girls 16 yrs and Over (63off)
2						
3						
4						
5						
6						
7						
8			Boys MD Swimmers (1off)	Girls MD Swimmers (3off)		