



11<sup>th</sup> and 12<sup>th</sup> March 2017 @ Hengrove Park Leisure Centre  
License No 1SW170483

### **Warm Up and Timings Information**

Welcome everyone to our 1<sup>st</sup> March National Qualifier Open Meet. Thank you for supporting the meet, we hope you enjoy the weekend and have some fast swims!

#### **Warm Up & Day Timings**

The timings and warm up schedule for the weekend are below. The timings are approximate and can be subject to change. No warm up or session will start before the scheduled time.

There will be use of a separate warm up / cool down pool which will be available from around 9.00am each day.

#### **Session 1:**

Warm up: 8.30-9.00am All Swimmers  
Start: 9.10am  
Finish: 10.15am

#### **Session 4:**

Warm up: 8.30-9.00am All Swimmers  
Start: 9.10am  
Finish: 10.15am

#### **Session 2:**

Warm up: 10.30-10.50am Girls  
10.50-11.10am Boys  
Start: 11.20am  
Finish: 1.10pm

#### **Session 5:**

Warm up: 10.30-10.50am Boys  
10.50-11.10am Girls  
Start: 11.20am  
Finish: 1.10pm

#### **Session 3:**

Warm up: 1.30-1.50pm Boys  
1.50-2.10pm Girls  
Start: 2.20pm  
Finish: 4.00pm

#### **Session 6:**

Warm up: 1.30-1.50pm Girls  
1.50-2.10pm Boys  
Start: 2.20pm  
Finish: 4.00pm

#### **Raffle / Swim Shop**

We have a strong working partnership with Swimpath who will be providing a swim shop at the open meet and will also be providing some kit for a special raffle that will take place over the weekend – the ladies on the front desk will have further information and will be selling tickets. Further Swimpath information is below:



***Swimpath** is an online and mobile performance swim wear shop that aims to support swimming clubs around the UK and provides a range of quality products based on our expertise. Our professional team includes **Double Olympian Jemma Lowe!** And other Olympians that offer swim clinics and club mentoring aiming to develop the next generation of swimmers.*

*Visit our Swimshop at the UBSC Meet to see our range of Products*

*[www.swimpath.co.uk](http://www.swimpath.co.uk)*

#### **Sponsors**

We would also like to thank Lyons Davidson Limited for providing the printing of the programmes and information sheets for the meet.