

## Saturday 15<sup>th</sup> April 2017

<b>Warm up SESSION 1</b>		
Girls 9 & 10	08:00-08:15	66 swimmers
Girls 11 & 12	08:15-08:30	76 swimmers
Girls 13 & over	08:30-08:45	54 swimmers
Boys 9,10 & 11	08:45-09:00	76 swimmers
Boys 12 & over	09:00-09:15	54 swimmers

**7 mins Continuous swim, 7 mins sprints, Continuous swimming lanes 5 & 6**

<b>Warm up SESSION 2</b>		
Boys 10,11 &12	13:05-13:20	64 swimmers
Boys 13 & over, Girls 10	13:20-13:35	56 swimmers
Girls 11 & 12	13:35-13:50	65 swimmers
Girls 13 & over	13:50-14:05	50 swimmers

**7 mins Continuous swim, 7 mins sprints, Backstroke starts lanes 1 & 8, Continuous swimming lanes 5 & 6**

## Sunday 16<sup>th</sup> April 2017

<b>Warm up SESSION 3</b>		
Boys 9,10 & 11	08:00-08:15	61 swimmers
Boys 12 & over	08:15-08:30	48 swimmers
Girls 9 & 10	08:30-08:45	57 swimmers
Girls 11 & 12	08:45-09:00	73 swimmers
Girls 13 & over	09:00-09:15	47 swimmers

**7 mins Continuous swim, 7 mins sprints, Backstroke starts lanes 1 & 8, Continuous swimming lanes 5 & 6**

<b>Warm up SESSION 4</b>		
Girls 10 & 11	13:05-13:20	50 swimmers
Girls 12 & 13	13:20-13:35	45 swimmers
Girls 14 & over, Boys 10 &11	13:35-13:50	56 swimmers
Boys 12 & over	13:50-14:05	41 swimmers

**7 mins Continuous swim, 7 mins sprints, Backstroke starts lanes 1 & 8, Continuous swimming lanes 5 & 6**

