



Warm Up Schedule.

Session 1	Girls 5.00pm – 5.25pm	Boys 5.25pm – 5.50pm
Session 2	Girls 8.00am – 8.25am	Boys 8.25am – 8.50am
Session 3	Girls 12.30pm – 12.55pm	Boys 12.55pm – 1.20pm
Session 4	Mixed Warm Up	16.45pm – 17.05pm
Session 5	Boys 8.00am – 8.25am	Girls 8.25am – 8.50am
Session 6	Boys 12.30pm – 12.55pm	Girls 12.55pm – 13.20pm
Session 7	Mixed Warm Up	16.45pm – 17.05pm

Lanes 1,3,5,7 and 9 will swim clockwise

Lanes 0,2,4,6 and 8 will swim anti-clockwise