

# **Devon County Championships & Age Groups 2019**

## **Saturday 9th February at Plymouth**

### **Warm Up Guidelines**

#### **Session 1      12:30**

22 mins      Boys 400m Freestyle & 100m Breaststroke  
22 mins      Girls 100m Breaststroke & 200m Backstroke

Sprint lanes as required and as announced.

#### **Session 2      Not before 15.30**

22 mins      Boys 100m Individual Medley & Boys Finalists  
22 mins      Girls 100m Freestyle & Girls Finalists

Sprint lanes as required and as announced.

Strictly no diving during the warm up, except in Sprint lanes and under the control of the Marshall.

All swimmers must commence warm up at the diving pit end of the pool and observe the swimming direction for each lane.

All swimmers in the inside lanes (lane 1 to 8) must exit the pool at the Leisure pool end at all times.