

Devon County Championships & Age Groups 2019

Sunday 10th February at Plymouth

Warm Up Guidelines

Session 1 11:30

22 mins Girls 400m Individual Medley & 50m Freestyle

22 mins Boys 200m Breaststroke & 50m Freestyle

Sprint lanes as required and as announced.

Session 2 Not before 13.45

22 mins Boys 200m Freestyle & Finalists

22 mins Girls 100m Butterfly & 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.