

Devon County Championships & Age Groups 2019

Sunday 13th January at Plymouth

Warm Up Guidelines

Session 1 11:30

12 mins	Boys 200m Individual Medley only
12 mins	Girls 200m Individual Medley only
12 mins	Girls 100m Backstroke
12 mins	Boys 100m Backstroke

Sprint lanes as required and as announced.

Session 2 Not before 14.15

15 mins	Girls 50m Breaststroke
15 mins	Boys 50m Breaststroke

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.