

# WARM UP SCHEDULE

15 minutes continuous swim

5 minutes Sprint Lanes

L0, L1, L2, L7, L8, L9

Maximum of 21 swimmers per lane

Minimum Break between sessions 45 min

## SESSION 1 SUNDAY 15/01/2023

1. 13:10 to 13:30

All swimmers

## SESSION 2 SUNDAY 15/01/2023

**Not before 16:25**

1. 16:35 to 16:55 (To be confirmed)

All Swimmers

# WARM UP SCHEDULE

15 minutes continuous swim

5 minutes Sprint Lanes

L0, L1, L2, L7, L8, L9

Maximum of 21 swimmers per lane

Minimum Break between sessions 45 min

## SESSION 3 SATURDAY 21/01/2023

1. 08:45 to 09:05 - All Male swimmers
2. 09:05 to 09:25 - All Female swimmers

## SESSION 4 SATURDAY 21/01/2023

**Not before 12:00**

1. 12:10 to 12:30 (To be Confirmed) All Male Swimmers
2. 12:30 to 12:50 (To be Confirmed) All Female Swimmers

## SESSION 5 SATURDAY 21/01/2023

**Not before 15:45**

1. 15:55 to 16:15 (To be Confirmed) Female 15/under Swimmers only
2. 16:15 to 16:35 (To be Confirmed) All Male and 16/Over Female swimmers

# WARM UP SCHEDULE

15 minutes continuous swim

5 minutes Sprint Lanes

L0, L1, L2, L7, L8, L9

Maximum of 21 swimmers per lane

Minimum Break between sessions 45 min

## SESSION 6 SUNDAY 22/01/2023

1. 08:45 to 09:05 - Female swimmers 15/under
2. 09:05 to 09:25 - All Male and 16/over Female swimmers

## SESSION 7 SUNDAY 22/01/2023

**Not before 12:00**

1. 12:05 to 12:25 - All Female Swimmers
2. 12:25 to 12:45 - All Male swimmers

## SESSION 8 SUNDAY 22/01/2023

**Not before 15:55**

1. 16:05 to 16:25 (To be Confirmed) All Male Swimmers
2. 16:25 to 16:45 (To be Confirmed) All Female Swimmers

# WARM UP SCHEDULE

15 minutes continuous swim

5 minutes Sprint Lanes

L0, L1, L2, L7, L8, L9

Maximum of 21 swimmers per lane

Minimum Break between sessions 45 min

## SESSION 9 SATURDAY 04/02/2023

1. 13:10 to 13:30

All Swimmers

## SESSION 10 SATURDAY 04/02/2023

**Not before 15:50**

1. 16:05 to 16:25 (To be Confirmed) All Female swimmers

2. 16:25 to 16:45 (To be Confirmed) All Male swimmers

# WARM UP SCHEDULE

15 minutes continuous swim

5 minutes Sprint Lanes

L0, L1, L2, L7, L8, L9

Maximum of 21 swimmers per lane

Minimum Break between sessions 45 min

## SESSION 11 SUNDAY 05/02/2023

3. 13:10 to 13:30

All Female swimmers

4. 13:30 to 13:50

All Male swimmers

## SESSION 12 SUNDAY 05/02/2023

**Not before 16:00**

1.16:15 to 16:35 (To be Confirmed) All Swimmers