

West District SC – Sep AG

Warm-up Arrangements

Session 1

– Warm-up starts at 8.00am

8.00 – 8.15

- Male/Open - General warm up

8.15 – 8.30

- Male/Open - ONE WAY sprint/pace lanes 1, 2 & 6

- General swim all other lanes

8.30 – 8.45

- Female - General warm up

8.45 – 9.00

- Female - ONE WAY sprint/pace lanes 1, 2 & 6

- General swim all other lanes

Session 2

– Warm-up starts at 11.25am

11.25 – 11.40

- Female - General warm up

11.40 – 11.55

- Female - ONE WAY sprint/pace lanes 1, 2 & 6

- General swim all other lanes

11.55 – 12.10

- Male - General warm up

12.10 – 12.25

- Male - ONE WAY sprint/pace lanes 1, 2 & 6

- General swim all other lanes

Session 3

– Warm-up starts at 8.00am

8.00 – 8.15

- Male/Open - General warm up

8.15 – 8.30

- Male/Open - ONE WAY sprint/pace lanes 1, 2 & 6

- General swim all other lanes

8.30 – 8.45

- Female - General warm up

8.45 – 9.00

- Female - ONE WAY sprint/pace lanes 1, 2 & 6

- General swim all other lanes

Session 4

– Warm-up starts at 11.25am

11.25 – 11.40

- Female - General warm up

11.40 – 11.55

- Female - ONE WAY sprint/pace lanes 1, 2 & 6

- General swim all other lanes

11.55 – 12.10

- Male - General warm up

12.10 – 12.25

- Male - ONE WAY sprint/pace lanes 1, 2 & 6

- General swim all other lanes