

West District SC - Sep AG



Warm-up Arrangements

Session 1	-	Warm-up starts at 8.00am
8.00 - 8.15 8.15 - 8.30		- Male/Open - General warm up - Male/Open - ONE WAY sprint/pace lanes 1, 2 & 6 - General swim all other lanes
8.30 - 8.45 8.45 - 9.00		- Female - General warm up- 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 11.40 - 11.55		- Female - General warm up - 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
Session 3 8.00 - 8.15 8.15 - 8.30	-	Warm-up starts at 8.00am - Male/Open - General warm up - Male/Open - ONE WAY sprint/pace lanes 1, 2 & 6 - General swim all other lanes
8.00 - 8.15 8.15 - 8.30 8.30 - 8.45	-	- Male/Open - General warm up - Male/Open - ONE WAY sprint/pace lanes 1, 2 & 6 - General swim all other lanes - Female - General warm up
8.00 - 8.15 8.15 - 8.30	-	- Male/Open - General warm up - Male/Open - ONE WAY sprint/pace lanes 1, 2 & 6 - General swim all other lanes
8.00 - 8.15 8.15 - 8.30 8.30 - 8.45	-	- Male/Open - General warm up - Male/Open - ONE WAY sprint/pace lanes 1, 2 & 6 - General swim all other lanes - Female - General warm up - Female - ONE WAY sprint/pace lanes 1, 2 & 6
8.00 - 8.15 8.15 - 8.30 8.30 - 8.45 8.45 - 9.00	-	 - Male/Open - General warm up - Male/Open - ONE WAY sprint/pace lanes 1, 2 & 6 - General swim all other lanes - Female - General warm up - Female - ONE WAY sprint/pace lanes 1, 2 & 6 - General swim all other lanes
8.00 - 8.15 8.15 - 8.30 8.30 - 8.45 8.45 - 9.00 Session 4 11.25 - 11.40	-	 - Male/Open - General warm up - Male/Open - ONE WAY sprint/pace lanes 1, 2 & 6 - General swim all other lanes - Female - General warm up - Female - ONE WAY sprint/pace lanes 1, 2 & 6 - General swim all other lanes Warm-up starts at 11.25am - Female - General warm up - Female - ONE WAY sprint/pace lanes 1, 2 & 6