



## **West District SC Champs WE1**

### **Warm-up Arrangements (Rev1)**



#### **Session 1**

– Warm-up starts at 08.00am

- 08.00 – 08.10 - Female - General warm up
- 08.10 – 08.20 - Female - ONE WAY sprint/pace lanes 1, 2, 7 & 8
- General swim all other lanes
- 08.20 – 08.30 - Male/Open - General warm up
- 08.30 – 08.40 - Male/Open - ONE WAY sprint/pace lanes 1, 2, 7 & 8
- General swim all other lanes

#### **Session 2**

– Warm-up starts at 12.50pm

- 12.50 – 01.00 - Female - General warm up
- 01.00 – 01.10 - Female - ONE WAY sprint/pace lanes 1, 2, 7 & 8
- General swim all other lanes
- 01.10 – 01.20 - Male/Open - General warm up
- 01.20 – 01.30 - Male/Open - ONE WAY sprint/pace lanes 1, 2, 7 & 8
- General swim all other lanes

#### **Session 3**

– Warm-up starts at 8.00am

- 08.00 – 08.10 - Male/Open - General warm up
- 08.10 – 08.20 - Male/Open - ONE WAY sprint/pace lanes 1, 2, 7 & 8
- General swim all other lanes
- 08.20 – 08.30 - Female - General warm up
- 08.30 – 08.40 - Female - ONE WAY sprint/pace lanes 1, 2, 7 & 8
- General swim all other lanes

#### **Session 4**

– Warm-up starts at 11.45am (updated)

- 11.45 – 11.55 - Male/Open - General warm up
- 11.55 – 12.05 - Male/Open - ONE WAY sprint/pace lanes 1, 2, 7 & 8
- General swim all other lanes
- 12.05 – 12.15 - Female - General warm up
- 12.15 – 12.25 - Female - ONE WAY sprint/pace lanes 1, 2, 7 & 8
- General swim all other lanes