



West District SC Champs WE2



Warm-up Arrangements

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 12.35pm

12.35 – 12.45

- Female - General warm up

12.45 – 12.55

- Female - ONE WAY sprint/pace lanes 1, 2, 7 & 8

- General swim all other lanes

12.55 – 01.05

- Male/Open - General warm up

01.05 – 01.15

- 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 1:00pm

01.00 – 01.10

- Male/Open - General warm up

01.10 – 01.20

- Male/Open - ONE WAY sprint/pace lanes 1, 2, 7 & 8

- General swim all other lanes

01.20 – 01.30

- Female - General warm up

01.30 – 01.40

- Female - ONE WAY sprint/pace lanes 1, 2, 7 & 8

- General swim all other lanes