



West District LC Champs WE1



Warm-up Arrangements

Session 1

– Warm-up starts at 08.15am

08.15 – 08.25

- Female - General warm up

08.25 – 08.35

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

- General swim all other lanes

08.35 – 08.45

- Male/Open - General warm up

08.45 – 08.55

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

- General swim all other lanes

Session 2

– Warm-up starts at 01.20pm

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

01.40 – 01.50

- Male/Open - General warm up

01.50 – 02.00

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

- General swim all other lanes

Session 3

– Warm-up starts at 8.15am

08.15 – 08.25

- Male/Open - General warm up

08.25 – 08.35

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

- General swim all other lanes

08.35 – 08.45

- Female - General warm up

08.45 – 08.55

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

- General swim all other lanes

Session 4

– Warm-up starts at 01:20pm

01.20 – 01.30

- Male/Open - General warm up

01.30 – 01.40

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

- General swim all other lanes

01.40 – 01.50

- Female - General warm up

01.50 – 02.00

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

- General swim all other lanes