



# West District LC Spring Meet



## Warm-up Arrangements

### Session 1

02.10 – 02.20

02.20 – 02.25

02.25 – 02.35

02.35 – 02.40

- Warm-up starts at 02.10pm
  - Female - General warm up
  - Female - ONE WAY sprint/pace lanes 1, 2, 5 & 6
  - Lanes 1 & 6 Backstroke
  - General swim all other lanes
- Male/Open - General warm up
- Male/Open - ONE WAY sprint/pace lanes 1, 2, 5 & 6
- Lanes 1 & 6 Backstroke
- General swim all other lanes

### Session 2

05.10 – 05.20

05.20 – 05.25

05.25 – 05.35

05.35 – 05.40

- Warm-up starts at 05.10pm
  - Female - General warm up
  - Female - ONE WAY sprint/pace lanes 1, 2, 5 & 6
  - Lanes 1 & 6 Backstroke
  - General swim all other lanes
- Male/Open - General warm up
- Male/Open - ONE WAY sprint/pace lanes 1, 2, 5 & 6
- Lanes 1 & 6 Backstroke
- General swim all other lanes

### Session 3

02.10 – 02.20

02.20 – 02.25

02.25 – 02.35

02.35 – 02.40

- Warm-up starts at 02.10pm
  - Female - General warm up
  - Female - ONE WAY sprint/pace lanes 1, 2, 5 & 6
  - Lanes 1 & 6 Backstroke
  - General swim all other lanes
- Male/Open - General warm up
- Male/Open - ONE WAY sprint/pace lanes 1, 2, 5 & 6
- Lanes 1 & 6 Backstroke
- General swim all other lanes

### Session 4 –

05.10 – 05.20

05.20 – 05.25

05.25 – 05.35

05.35 – 05.40

- Warm-up starts at 05.10pm
  - Female - General warm up
  - Female - ONE WAY sprint/pace lanes 1, 2, 5 & 6
  - General swim all other lanes
- Male/Open - General warm up
- Male/Open - ONE WAY sprint/pace lanes 1, 2, 5 & 6
- General swim all other lanes