



West District LC May AG Meet



Warm-up Arrangements

Session 1

02.00 – 02.15

02.15 – 02.20

02.20 – 02.35

02.35 – 02.40

- Warm-up starts at 02.00pm
 - 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
 - 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
- Female - General warm up
- Female - ONE WAY sprint/pace lanes 1, 2, 5 & 6
- Lanes 1 & 6 Backstroke
- General swim all other lanes

Session 3

02.00 – 02.15

02.15 – 02.20

02.20 – 02.35

02.35 – 02.40

- Warm-up starts at 02.00pm
 - 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
 - Male/Open - General warm up
 - Male/Open - ONE WAY sprint/pace lanes 1, 2, 5 & 6
 - General swim all other lanes
- Female - General warm up
- Female - ONE WAY sprint/pace lanes 1, 2, 5 & 6
- General swim all other lanes