

West District SC AG Championships

WE1 – October 2026

Warm-up Arrangements

Session 1

08.15 – 08.30

08.30 – 08.35

08.35 – 08.50

08.50 – 08.55

- Warm-up starts at 08.15am
 - Female (& Male/Open 1500m only) - General warm up
 - Female (& Male/Open 1500m only)
 - ONE WAY sprint/pace lanes 1 to 3 & 6 to 8
 - Lanes 0 & 9 Backstroke
 - General swim lanes 4 & 5
- Male/Open - General warm up
- Male/Open - ONE WAY sprint/pace lanes 1 to 3 & 6 to 8
- Lanes 0 & 9 Backstroke
- General swim lanes 4 & 5

Session 2

01.20 – 01.35

01.35 – 01.40

01.40 – 01.55

01.55 – 02.00

- Warm-up starts at 01.20pm
 - Female - General warm up
 - Female - ONE WAY sprint/pace lanes 1 to 3 & 6 to 8
 - Lanes 0 & 9 Backstroke
 - General swim lanes 4 & 5
- Male/Open - General warm up
- Male/Open - ONE WAY sprint/pace lanes 1 to 3 & 6 to 8
- Lanes 0 & 9 Backstroke
- General swim lanes 4 & 5

Session 3

08.15 – 08.30

08.30 – 08.35

08.35 – 08.50

08.50 – 08.55

- Warm-up starts at 08.15am
 - Male/Open - General warm up
 - Male/Open - ONE WAY sprint/pace lanes 0 to 3 & 6 to 9
 - General swim lanes 4 & 5
- Female - General warm up
- Female - ONE WAY sprint/pace lanes 0 to 3 & 6 to 9
- General swim lanes 4 & 5

Session 4

12.30 – 12.45

12.45 – 12.50

12.50 – 01.05

01.05 – 01.10

- Warm-up starts at 12.30pm
 - Male/Open (& Female 800m only) - General warm up
 - Male/Open (& Female 800m only)
 - ONE WAY sprint/pace lanes 1 to 3 & 6 to 8
 - Lanes 0 & 9 Backstroke
 - General swim lanes 4 & 5
- Female - General warm up
- Female - ONE WAY sprint/pace lanes 1 to 3 & 6 to 8
- Lanes 0 & 9 Backstroke
- General swim lanes 4 & 5