West District SC AG Championships
WE2 – November 2026

Warm-up Arrangements

Session 1	**–**	**Warm-up starts at 08.15am**
08.15 – 08.30		**- Female (& Male/Open 1500m only) - General warm up**
08.30 – 08.35		**- 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
08.35 – 08.50		**- Male/Open - General warm up**
08.50 – 08.55		**- Male/Open - ONE WAY sprint/pace lanes 1 to 3 & 6 to 8**
		- Lanes 0 & 9 Backstroke
		- General swim lanes 4 & 5
Session 2	**–**	**Warm-up starts at 01.30pm**
01.30 – 01.45		**- Female - General warm up**
01.45 – 01.50		**- Female - ONE WAY sprint/pace lanes 1 to 3 & 6 to 8**
		- Lanes 0 & 9 Backstroke
		- General swim lanes 4 & 5
01.50 – 02.05		**- Male/Open - General warm up**
02.05 – 02.10		**- Male/Open - ONE WAY sprint/pace lanes 1 to 3 & 6 to 8**
		- Lanes 0 & 9 Backstroke
		- General swim lanes 4 & 5
Session 3	**–**	**Warm-up starts at 08.15am**
08.15 – 08.30		**- Male/Open - General warm up**
08.30 – 08.35		**- Male/Open - ONE WAY sprint/pace lanes 0 to 3 & 6 to 9**
		- General swim lanes 4 & 5
08.35 – 08.50		**- Female - General warm up**
08.50 – 08.55		**- Female - ONE WAY sprint/pace lanes 0 to 3 & 6 to 9**
		- General swim lanes 4 & 5
Session 4	**–**	**Warm-up starts at 01.20pm**
01.20 – 01.35		**- Male/Open (& Female 800m only) - General warm up**
01.35 – 01.40		**- 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
01.40 – 01.55		**- Female - General warm up**
01.55 – 02.00		**- Female - ONE WAY sprint/pace lanes 1 to 3 & 6 to 8**
		- Lanes 0 & 9 Backstroke
		- General swim lanes 4 & 5