2026 SC November AG Sprints Meet & Relay Championships

Warm-up Arrangements

Session 1	**–**	**Warm-up starts at 08.15am**
08.15 – 08.30		**- Male/Open - General warm up**
08.30 – 08.35		**- Male/Open (& Male/Open 1500m only)**
		- 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 2	**–**	**Warm-up starts at 12.00pm**
12.00 – 12.15		**- Female - General warm up**
12.15 – 12.20		**- Female - ONE WAY sprint/pace lanes 1 to 3 & 6 to 8**
		- Lanes 0 & 9 Backstroke
		- General swim lanes 4 & 5
12.20 – 12.35		**- Male/Open - General warm up**
12.35 – 12.40		**- 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 12.00pm**
12.00 – 12.15		**- Male/Open (& Female 800m only) - General warm up**
12.15 – 12.20		**- 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
12.20 – 12.35		**- Female - General warm up**
12.35 – 12.40		**- Female - ONE WAY sprint/pace lanes 1 to 3 & 6 to 8**
		- Lanes 0 & 9 Backstroke
		- General swim lanes 4 & 5