

WARM UP WEEKEND 2 19/20 October 2019

Session 5 Saturday Morning

8:30 – 8:55 am	Lanes 1 – 8	Women & Men 800 & 1500 Free
8:55 – 9:12 am	Lanes 1 – 8	Girls 200 Breast
9:12 – 9:30 am	Lanes 1 – 8	Boys 200 breast

Session 6 Saturday Afternoon

1:00 – 1:15 pm	Lanes 1 – 8	Girls 9,10, 11 yrs
1:15 – 1:30 pm	Lanes 1 – 8	Girls 12 & 13 yrs
1:30 – 1:45 pm	Lanes 1 - 8	Girls 14/over
1:45 – 2:00 pm	Lanes 1 – 8	Boys 9 - 12 yrs
2:00 – 2:15 pm	Lanes 1 – 8	Boys 13/over

Session 7 Sunday Morning

8:30 – 8:45 am	Lanes 1 – 3	Boys 9 - 12 yrs
8:45 – 9:00 am	Lanes 3 – 8	Boys 13/over
9:00 – 9:15 am	Lanes 3 – 8	Girls 9,10 11 yrs
9:15 – 9:30 am	Lanes 3 – 8	Girls 12 & 13 yrs
9:30 – 9:45 am	Lanes 1 - 8	Girls 14/over

Session 8 Sunday

11:45 – 11:50 pm	Lanes 1 – 8	Men & Women 800 & 1500 Free
------------------	-------------	-----------------------------

LUNCH BREAK

SQUADRONS

Warm Up 1:45 – 2:15 pm Each club will be allocated a lane.