



Spring Meet 2nd June 2019 - Warm up Schedule

First Session Sign In Commences 10.45 and Closes at 11.15. Racing to start at 12.15

Session 1	Start Time	Finish Time	Club	Lanes
Warm Up One	11.15	11.27	Braintree	1-6
			Bishops Stortford	7
			Ware	7
			Deben	7
			Clacton	8
			Harwich	8
Warm Up Two	11.27	11.39	Colchester	1-4
			Halstead	5-6
			Runnymede	7-8
Warm Up Three	11.39	11.51	Saffron Walden	1-4
			Southend	5-8

Second Session Sign In Commences 15:30 and Closes at 16:00 Racing to start at 17.00

Session 2	Start Time	Finish Time	Club	Lanes
Warm Up One	16:00	16:12	Braintree	1-5
			Ware	6
			Deben	7
			Clacton	7
			Harwich	7-8
Warm Up Two	16:12	16:24	Colchester	1-4
			Halstead	5-6
			Bishops Stortford	7
			Runnymede	7-8
Warm Up Three	16:24	16:36	Saffron Walden	1-4
			Southend	5-8

All warm ups will last 12 minutes and consist of 8 minutes of continuous swimming and 4 minutes of sprint lanes

Please begin continuous swimming from the shallow end

Sprint Lanes will start from the Deep End Only

Swimmers must not climb out over the timing boards at the deep end and must be supervised during the warm up session