

COLCHESTER OPEN MEET 2015 WARM UP SCHEDULE

WARM UP STARTS 08.00am – 09.00am IN THE MORNING

14.00-15.00 IN THE AFTERNOON

SIGNING IN IS FROM 07.30 – 08.10 FOR THE MORNING SESSION

13.30 -14.10 FOR THE AFTERNOON SESSION

THERE WILL BE **FOUR 14 MIN** WARM UP SESSIONS.

All lane shall become sprint lanes 5 mins before the end of each part of the warm –up session.

Coaches from each visiting club **must** be present at the ends of lanes to supervise their swimmers during the warm up.

No club shall commence warm up until instructed to by the Head warm up Marshall.

No Diving at start of warm up.

Entry to warm up shall be made at the shallow end of each lane.

LANES 1,3,5 WILL SWIM IN A **CLOCKWISE** DIRECTION

LANES 2, 4, 6 WILL SWIM IN AN **ANTI – CLOCKWISE** DIRECTION

SIGNING IN IS FROM 7.30-8.10AM

SESSION 1 WARM UP 8AM – 9AM

08.00-08.14 (1)

Lanes 1-4 Colchester S.C girls aged 9/10/11/12

Lanes 5-6 Colchester S.C boys aged 9/10/11

08.15- 08.29 (2)

Lane 1-2 Colchester S.C girls aged 13/14/15+

Lane 3-4 Colchester S.C Boys aged 12/13/14/15+

Lane 5 -6 First Stroke Swimming Club.

08.30 -08.44 (3)

Lane 1-2 BOSS

Lane 3 Clacton

Lane 4 Braintree and Harwich

Lane 5 Havering

Lane 6 Canvey Island

08.45 -09.00 (4)

Lane 1,2,3, Romford

Lane 4 Halstead + 1 Ipswich

Lane 5-6 Witham.

SESSION 2 WARM UP 14.00-15.00 HRS

SIGNING IN IS FROM 13.30-14.10

14.00 -14.14 (1)

Lane 1,2,3, Romford

Lane 4 Halstead + 1 Ipswich

Lane 5-6 Witham.

14.15 – 14.29 (2)

Lane 1-2 BOSS

Lane 3 Clacton

Lane 4 Braintree and Harwich

Lane 5 Havering

Lane 6 Canvey Island

14.30 -14.44 (3)

Lane 1-2 Colchester S.C girls aged 13/14/15+

Lane 3-4 Colchester S.C Boys aged 12/13/14/15+

Lane 5 -6 First Stroke Swimming Club.

14.45-14.59 (4)

Lanes 1-4 Colchester S.C girls aged 9/10/11/12

Lanes 5-6 Colchester S.C boys aged 9/10/11