

COLCHESTER OPEN MEET 2016 WARM UP SCHEDULE

WARM UP STARTS **08.00 - 08.30 SESSION ONE**
 10.00 - 11.00 SESSION TWO
 14.00 - 15.00 SESSION THREE

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

All lanes 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

SESSION 1 WARM UP 08:00 - 08:30

08.00 - 08.14 **BOYS**

08.15 - 08.29 **GIRLS**

SESSION 2 WARM UP 10.00 - 11.00

10.00 - 10.14 **Girls and Boys aged 9/10**

10.15 - 10.29 **Girls aged 11, Boys aged 11/12**

10.30 - 10.44 **Girls aged 12/13, Boys aged 13**

10.44 - 10.59 **Girls aged 14+, Boys aged 14 +**

SESSION 3 WARM UP 14.00 - 15.00

14.00 - 14.14 **Girls and Boys aged 9/10**

14.15 - 14.29 **Girls aged 11, Boys aged 11/12**

14.30 - 14.44 **Girls aged 12/13, Boys aged 13**

14.44 - 14.59 **Girls aged 14+, Boys aged 14 +**