

Warm up-times for the Midsummer Madness Open Meet are as follows:

**Morning Session 08.00-09.00**

There will be four 14 minute sessions with a 1 minute changeover time, the last 4-5 minutes of each session all lanes will become sprint lanes.

Lanes 1,3 and 5 are clock-wise : 2,4 and 6 are anti-clockwise

Warm-up Session 1      Boys 9/10/11

Warm-up Session 2      Boys 12/13/14 + Girls 14/15+

Warm-up Session 3      Girls 9/10

Warm-up Session 4      Girls 11/12/13

***The diving pit will also be available for younger swimmers warm-up***

**Afternoon Session 13.30 – 14.30**

There will be four 14 minute sessions with a minute changeover time, the last 4-5 minutes of each session all lanes will become sprint lanes.

Lanes 1,3 and 5 are clock-wise : 2,4 and 6 are anti-clockwise

Warm-up Session 1      Girls 9/10

Warm-up Session 2      Girls 11/12/13

Warm-up Session 3      Boys 9/10/11

Warm-up Session 4      Boys 12/13/14 + Girls 14/15+

***The diving pit will also be available for younger swimmers warm-up***

Car Parking at Leisure world will be free (the parking ticket issued can be exchanged for a pre-paid ticket at the admission desk).

Seating in the Spectator's gallery is limited and we must comply with Leisure World's Health and Safety guidelines.

Could we ask that all Clubs warn spectators in advance that entrance may be restricted due to numbers and that they attempt to restrict spectator numbers if possible.

Sign-in will be in the Charter Hall and will close 30 minutes before the published start times. Session 1 sign-in closes at **08.30** and Session 2 sign-in closes at **14.00**

