



# ESSEX SENIOR CHAMPIONSHIPS 2015

## WARM UP SCHEDULE

### SESSION 1

6PM	SIGNING IN CLOSES	
6PM	MIXED WARM UP	COMP POOL + 2 LANES SWIMDOWN POOL 1,2
6.20PM	SPRINTS	COMPETITION POOL
6.20PM	CONTINUOUS SWIMMING	SWIMDOWN POOL LANES 1,2
6.30PM	START	

### SESSION 2

1PM	SIGNING IN CLOSES	
1PM	BOYS WARM UP	COMPETITION POOL
1PM	GIRLS WARM UP	SWIMDOWN POOL
1.20PM	BOYS SPRINTS	COMPETITION POOL LANES 1-4
1.20PM	GIRLS SPRINTS	COMPETITION POOL LANES 5-8
1.20PM	MIXED CONTINUOUS SWIMMING	SWIMDOWN POOL
1.30PM	START	

### SESSION 3

4.45PM	SIGNING IN CLOSES	
4.45PM	GIRLS WARM UP	COMPETITION POOL
4.45PM	BOYS WARM UP	SWIMDOWN POOL
5.05PM	GIRLS SPRINTS	COMPETITION POOL LANES 1-4
5.05PM	BOYS SPRINTS	COMPETITION POOL LANES 5-8
5.05PM	MIXED CONTINUOUS SWIMMING	SWIMDOWN POOL
5.15PM	START	

### SESSION 4

1PM	SIGNING IN CLOSES	
1PM	BOYS WARM UP	COMPETITION POOL
1PM	GIRLS WARM UP	SWIMDOWN POOL
1.20PM	BOYS SPRINTS	COMPETITION POOL LANES 1-4
1.20PM	GIRLS SPRINTS	COMPETITION POOL LANES 5-8
1.20PM	MIXED CONTINUOUS SWIMMING	SWIMDOWN POOL
1.30PM	START	

### SESSION 5

4.45PM	SIGNING IN CLOSES	
4.45PM	GIRLS WARM UP	COMPETITION POOL
4.45PM	BOYS WARM UP	SWIMDOWN POOL
5.05PM	GIRLS SPRINTS	COMPETITION POOL LANES 1-4
5.05PM	BOYS SPRINTS	COMPETITION POOL LANES 5-8
5.05PM	MIXED CONTINUOUS SWIMMING	SWIMDOWN POOL
5.15PM	START	