

WARM UP SCHEDULE

- A warmup/ swim down pool will be available throughout each session. This pool is to be strictly used for the intended purpose of warmups and swim downs ONLY.
- Coaches and Team Managers are to ensure swimmers do not congregate and must monitor behaviour.
- NO MORE THAN 12 SWIMMERS PER LANE

FRIDAY 4th November 2022, SESSION 1: HEATS (HDW SESSION)	
Female 800Free/ Male 1500Free	
18:00- 18:30	Mixed warm up (training pool is available throughout the session)
18.45	Session Events Start

SATURDAY 5th November 2022, SESSION 2: HEATS SESSION	
Male: 400Free (HDW), 100Breast, 200Fly, 50Back/ Female: 200Free, 100Back, 50Breast. 100IM	
08:00 - 08:15	Male Warm Up 16 Lanes Continuous Swimming in Competition & Training Pool
08:15 - 08:25	Male Warm Up continues as: Competition Pool Lanes 1- 3 – One Way Backstroke Lanes Competition Pool Lanes 4- 8 – One Way Free, Fly & Breast Lanes Training Pool All Lanes – Continuous Swimming/ Pace Lanes
08:25 - 08:40	Female Warm Up 16 Lanes Continuous Swimming in Competition & Training Pool
08:40 - 08:50	Female Warm Up continues as: Competition Pool Lanes 1- 3 – One Way Backstroke Lanes Competition Pool Lanes 4- 8 – One Way Free, Fly & Breast Lanes Training Pool All Lanes – Continuous Swimming/ Pace Lanes
09:00	Session Events Start

SATURDAY 5th November 2022, SESSION 3: HEATS SESSION	
Male: 400IM (HDW), 100Free, 200Breast, 50Fly/ Female: 100Fly, 200Back, 50Free, 200IM	
12:00 - 12:15	Male Warm Up 16 Lanes Continuous Swimming in Competition & Training Pool
12:15 - 12:25	Male Warm Up continues as: Competition Pool All Lanes One Way One Way Free, Fly & Breast Lanes (No Back Events) Training Pool All Lanes – Continuous Swimming/ Pace Lanes
12:25 – 12:40	Female Warm Up 16 Lanes Continuous Swimming in Competition & Training Pool
12:40 – 12:50	Female Warm Up continues as: Competition Pool Lanes 1- 3 – One Way Backstroke Lanes Competition Pool Lanes 4- 8 – One Way Free, Fly & Breast Lanes Training Pool All Lanes – Continuous Swimming/ Pace Lanes
13:00	Session Events Start

SATURDAY 5th November 2022, SESSION 4: FINALS SESSION	
Female: 200Free, 100Back, 50Breast, 100IM, 100Fly, 200Back, 50Free, 200IM Male: 100Breast, 200Fly, 50Back, 100Free, 200Breast, 50 Fly	
15:50- 16:50	Mixed Warm Up: Competition and Training Pool, with the following lanes being one way throughout the whole period: Competition Pool Lanes 1 and 2 One Way Backstroke Lanes Competition Pool Lanes 7 and 8 One Way Free, Fly & Breast Lanes
17:00	Session Events Start

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SUNDAY 6th NOVEMBER 2022, SESSION 5: HEATS SESSION	
Female: 400Free (HDW), 100Breast, 200Fly, 50Back/ Male: 200Free, 100Back, 50Breast, 100IM	
08:00 - 08:15	Female Warm Up 16 Lanes Continuous Swimming in Competition & Training Pool
08:15 - 08:25	Female Warm Up continues as: Competition Pool Lanes 1- 3 – One Way Backstroke Lanes Competition Pool Lanes 4- 8 – One Way Free, Fly & Breast Lanes Training Pool All Lanes – Continuous Swimming/ Pace Lanes
08:25 - 08:40	Male Warm Up 16 Lanes Continuous Swimming in Competition & Training Pool
08:40 - 08:50	Male Warm Up continues as: Competition Pool Lanes 1- 3 – One Way Backstroke Lanes Competition Pool Lanes 4- 8 – One Way Free, Fly & Breast Lanes Training Pool All Lanes – Continuous Swimming/ Pace Lanes
09:00	Session Events Start

SUNDAY 6th November 2022, SESSION 6: HEATS SESSION	
Female: 400IM (HDW), 100Free, 200Breast, 50Fly/ Male: 100Fly, 200Back, 50Free, 200IM	
12:00 - 12:15	Female Warm Up 16 Lanes Continuous Swimming in Competition & Training Pool
12:15 - 12:25	Female Warm Up continues as: Competition Pool All Lanes One Way One Way Free, Fly & Breast Lanes (No Back Events) Training Pool All Lanes – Continuous Swimming/ Pace Lanes
12:25 – 12:40	Male Warm Up 16 Lanes Continuous Swimming in Competition & Training Pool
12:40 – 12:50	Male Warm Up continues as: Competition Pool Lanes 1- 3 – One Way Backstroke Lanes Competition Pool Lanes 4- 8 – One Way Free, Fly & Breast Lanes Training Pool All Lanes – Continuous Swimming/ Pace Lanes
13:00	Session Events Start

SUNDAY 6th November 2022, SESSION 7: FINALS SESSION	
Male: 200Free, 100Back, 50Breast, 100IM, 100Fly, 200Back, 50Free, 200IM Female: 100Breast, 200Fly, 50Back, 100Free, 200Breast, 50 Fly	
15:50- 16:50	Mixed Warm Up: Competition and Training Pool, with the following lanes being one way throughout the whole period: Competition Pool Lanes 1 and 2 One Way Backstroke Lanes Competition Pool Lanes 7 and 8 One Way Free, Fly & Breast Lanes
17:00	Session Events Start