

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 3 rd November 2023 – Session 1	
Female 800 Free (1) / Open/Male 1500 Free (2)	
18:00 – 18:30	Mixed Warm up (Training down pool available throughout session)
18:45	Sessions Start

SATURDAY 4 th November 2023 Session 2 - HEATS	
Open/Male 400 Free (3) / 100 Breast (5) / 200 Fly (7) / 50 Back (9) Female 200 Free (4) / 100 Back (6) / 50 Breast (8) / 100 IM (10)	
08:15 – 08:30	Open/Male - Competition Pool and Training Pool 16 Lanes Continues
08:30 – 08:40	Open/Male - Competition Pool Lanes 1 – 3 One way Back start Lanes 4 – 8 One way Dive Starts Open/Male - Training Pool - Continuous Lanes
08:40 – 08:55	Female - Competition Pool and Training Pool 16 Lanes Continues
08:55 – 09:05	Female - Competition Pool Lanes 1 – 3 One way Back start Lanes 4 – 8 One way Dive Starts Female - Training Pool -Continuous Lanes
09:15	Session Start

SATURDAY 4 th November 2023 Session 3 - HEATS	
Open/Male 400 IM (11) / 100 Free (13) / 200 Breast (15) / 50 Fly (17) Female 100 Fly (12) / 200 Back (14) / 50 Free (16) / 200 IM (18)	
11:45 – 12:00	Open/Male - Competition Pool and Training Pool 16 Lanes Continues
12:00 – 12:10	Open/Male - Competition Pool Lanes 1 – 3 One way Back start Lanes 4 – 8 One way Dive Starts Open/Male - Training Pool Continuous Lanes
12:10 – 12:25	Female - Competition Pool and Training Pool 16 Lanes Continues
12:25 – 12:35	Female - Competition Pool Lanes 1 – 3 One way Back start Lanes 4 – 8 One way Dive Starts Female - Training Pool Continuous Lanes
12:45	Session Start

SATURDAY 4th November 2023 – Session 4 - FINALS	
Female - 200 Free (4) / 100 Back (6) / 50 Breast (8) / 100 IM (10) / 100 Fly (12) / 200 Back (14) / 50 Free (16) / 200 IM (18). Open/Male – 100 Breast (5) / 200 Fly (7) / 50 Back (9) / 100 Free (13) / 200 Breast (15) / 50 Fly (17)	
15:35 – 16:35	Mixed Warm up Training Pool – Continuous Swimming Competition Pool – Lanes 1 and 2 One way Back Starts – Lanes 7 and 8 One way Dive Starts – Lanes 3 to 6 Continues Swimming
16:45	Sessions Start

SUNDAY 5 th November 2023 Session 5 - HEATS	
Female 400 Free (19) / 100 Breast (21) / 200 Fly (23) / 50 Back (25) Open/Male 200 Free (20) / 100 Back (22) / 50 Breast (24) / 100 IM (26)	
08:15 – 08:30	Female - Competition Pool and Training Pool 16 Lanes Continues
08:30 – 08:40	Female - Competition Pool Lanes 1 – 3 One way Back start Lanes 4 – 8 One way Dive Starts Female - Training Pool - Continuous Lanes
08:40 – 08:55	Open/Male - Competition Pool and Training Pool 16 Lanes Continues
08:55 – 09:05	Open/Male - Competition Pool Lanes 1 – 3 One way Back start Lanes 4 – 8 One way Dive Starts Open/Male - Training Pool -Continuous Lanes
09:15	Session Start

SUNDAY 5 th November 2023 Session 6 - HEATS	
Female 400 IM (27) / 100 Free (29) / 200 Breast (31) / 50 Fly (33) Open/Male 100 Fly (28) / 200 Back (30) / 50 Free (32) / 200 IM (34)	
11:45 – 12:00	Female - Competition Pool and Training Pool 16 Lanes Continues
12:00 – 12:10	Female - Competition Pool Lanes 1 – 3 One way Back start Lanes 4 – 8 One way Dive Starts Female - Training Pool Continuous Lanes
12:10 – 12:25	Open/Male - Competition Pool and Training Pool 16 Lanes Continues
12:25 – 12:35	Open/Male - Competition Pool Lanes 1 – 3 One way Back start Lanes 4 – 8 One way Dive Starts Open/Male - Training Pool Continuous Lanes
12:45	Session Start

SUNDAY 5th November 2023 – Session 7 - FINALS

Open/Male - 200 Free (20) / 100 Back (22) / 50 Breast (24) / 100 IM (26) / 100 Fly (28) / 200 Back (30) / 50 Free (32) / 200 IM (34).

Female – 100 Breast (21) / 200 Fly (23) / 50 Back (25) / 100 Free (29) / 200 Breast (31) / 50 Fly (33)

15:05 – 16:05

Mixed Warm up

Training Pool – Continuous Swimming

Competition Pool – Lanes 1 and 2 One way Back Starts

– Lanes 7 and 8 One way Dive Starts

– Lanes 3 to 6 Continues Swimming

16:15

Sessions Start