South West Regional Champs Warm Ups

6th Nov 2026

Session 1 – Start 18:25, Finish 20:50

Warm up

18:00 – 18:20 Mixed, coaches to run own starts

7th Nov 2026

Session 2 – Start 09:00, Finish 11:30

Warm ups

08:00 – 08:25 – 400 IM and Female

08:00 – 08:15 – General Swim, both tanks

08:15 – 08:25 – Race tank, Back Starts 1 – 3, Dive 4 – 8

08:15 – 08:25 – Swim Down tank, General Swim

08:25 – 08:50 – Open/Male

08:25 – 08:40 – General Swim, both tanks

08:40 – 08:50 – Race tank, Back Starts 1 – 3, Dive 4 – 8

08:40 – 08:50 – Swim Down tank, General Swim

Session 3 – Start 12:50, Finish 15:20

Warm ups

11:50 – 12:15 – 800 Free and Open/Male

11:50 – 12:05 – General Swim, both tanks

12:05 – 12:15 – Race tank, Back Starts 1 – 3, Dive 4 – 8

12:05 – 12:15 – Swim Down tank, General Swim

12:15 – 12:40 – Female

12:15 – 12:30 – General Swim, both tanks

12:30 – 12:40 – Race tank, Back Starts 1 – 3, Dive 4 – 8

12:30 – 12:40 – Swim Down tank, General Swim

Session 4 – Start – 16:30, Finish 18:35

Warm ups

15:30 – 15:55 – Female

15:30 – 15:45 – General Swim, both tanks

15:45 – 15:50 – Race tank, Back Starts 1 – 3, Dive 4 – 8

15:45 – 15:50 – Swim Down tank, General Swim

15:50 – 16:15 – Open/Male

15:50 – 16:05 – General Swim, both tanks

16:05 – 16:15 – Race tank, Back Starts 1 – 3, Dive 4 – 8

16:05 – 16:15 – Swim Down tank, General Swim

8th Nov 2026

Session 5 – Start 09:00, Finish 11:35

Warm ups

08:00 – 08:25 – 400 Free and Open/Male
08:00 – 08:15 – General Swim, both tanks
08:15 – 08:25 – Race tank, Back Starts 1 – 3, Dive 4 – 8
08:15 – 08:25 – Swim Down tank, General Swim

08:25 – 08:50 – Female
08:25 – 08:40 – General Swim, both tanks
08:40 – 08:50 – Race tank, Back Starts 1 – 3, Dive 4 – 8
08:40 – 08:50 – Swim Down tank, General Swim

Session 6 – Start 12:50, Finish 15:35

Warm ups

11:50 – 12:15 – 800 Free and Female
11:50 – 12:05 – General Swim, both tanks
12:05 – 12:15 – Race tank, Back Starts 1 – 3, Dive 4 – 8
12:05 – 12:15 – Swim Down tank, General Swim

12:15 – 12:40 – Open/Male
12:15 – 12:30 – General Swim, both tanks
12:30 – 12:40 – Race tank, Back Starts 1 – 3, Dive 4 – 8
12:30 – 12:40 – Swim Down tank, General Swim

Session 7 – Start – 16:40, Finish 18:25

Warm ups

15:45 – 16:10 – Open/Male
15:45 – 16:00 – General Swim, both tanks
16:00 – 16:10 – Race tank, Back Starts 1 – 3, Dive 4 – 8
16:00 – 16:10 – Swim Down tank, General Swim

16:10 – 16:35 – Female
16:10 – 16:25 – General Swim, both tanks
16:25 – 16:35 – Race tank, Back Starts 1 – 3, Dive 4 – 8
16:25 – 16:35 – Swim Down tank, General Swim