

South West Region Winter Championships 2021

Warm up Schedule

- Warm/Swim Down Pool will be available throughout each session. This pool is to be strictly used the purpose of warm ups and swim downs.
- Coaches and Team Managers to ensure swimmers do not congregate.
- During One Way Starts- Lanes 1 and 2 will be for Backstroke with Ledges.

Session 1 (start time 1830)

18:00 PM - 18:30 PM Open Warm Up (plus training pool for later warm up as required)

Session 2 (start time 0900)

08:00 - 08:25 AM Boys Only - Last 5 minutes starts only in competition pool/continuous swimming in training pool

08:25 - 08:50 AM Girls Only - Last 5 minutes starts only in competition pool/continuous swimming in training pool

Session 3 (start time 1300)

12:00 - 12:25 PM Boys Only - Last 5 minutes starts only in competition pool/continuous swimming in training pool

12:25 - 12:50 PM Girls Only - Last 5 minutes starts only in competition pool/continuous swimming in training pool

Session 4 (start time 1630)

15:30 - 16:20 PM Open Warm Up for Finals (starts only in competition pool Lanes 1 and 8)

Session 5 (start time 0900)

08:00 - 08:25 AM Girls Only - Last 5 minutes starts only in competition pool/continuous swimming in training pool

08:25 - 08:50 AM Boys Only - Last 5 minutes starts only in competition pool/continuous swimming in training pool

Session 6 (start time 1230)

11:30 - 11:55 AM Girls Only - Last 5 minutes starts only in competition pool/continuous swimming in training pool

11:55 - 12:20 PM Boys Only - Last 5 minutes starts only in competition pool/continuous swimming in training pool

Session 7 (start time 1600)

15:00 - 15:50 PM Open Warm Up for Finals (starts only in competition pool Lanes 1 and 8)