

## Swim England South West Winter Regionals – Warm up

### Friday 1<sup>st</sup> November

#### Session 1 Start time 18.45 Secondary sign in 18.00

Warm up 17.45

Female 17.45 – 18.10

Men / Open 18.15 – 18.40

### Saturday 2<sup>nd</sup> November

#### Session 2 Start time 09.30

Warm up 08.30

Male/ Open 08.30 – 08.55

Lane 1 Para swimmers only

Lane 8 Sprint lane 08.45 – 08.55

Female 09.00 – 09.25

Lane 1 Para swimmers only

Lane 8 Sprint lane 09.15 – 09.25

#### Session 3 Start time 12.15

Warm up 11.15

Male/ Open 11.15 – 11.40

Lane 1 Para swimmers only

Lane 8 Sprint lane 11.30 – 11.40

Female 11.45 – 12.10

Lane 1 Para swimmers only

Lane 8 Sprint lane 12.00 – 12.10

#### Session 4 Start time 15.30 – Secondary entry 14.45

Warm up 14.30

Male/ Open 14.30 – 14.55

Lane 8 Sprint lane 14.45 – 14.55

Female 15.00 – 15.25

Lane 8 Sprint lane 15.15 – 15.25

## **Sunday 3<sup>rd</sup> November**

### **Session 5 Start time 09.00**

Warm up 08.00

Female 08.00 – 08.25

Lane 1 Para swimmers only

Lane 8 Sprint lane 08.15 – 08.25

Male/ Open 08.30 – 08.55

Lane 1 Para swimmers only

Lane 8 Sprint lane 08.45 – 08.55

### **Session 6 Start time 12.00**

Warm up 11.00

Female 11.00 – 11.25

Lane 1 Para swimmers only

Lane 8 Sprint lane 11.15 – 11.25

Male/ Open 11.30 – 11.55

Lane 1 Para swimmers only

Lane 8 Sprint lane 11.45 – 11.55

### **Session 7 Start time 15.00 secondary entry 14.15**

Warm up 14.00

Female 14.00 – 14.25

Lane 8 Sprint lane 14.15 – 14.25

Male/ Open 14.30 – 14.55

Lane 8 Sprint lane 14.45 – 14.55