

WELSH CAPITAL OPEN MEET SC 2015

Warm Up Timings

MAIN POOL Warm up GIRLS WARM DOWN POOL Warm Up BOYS (5 mins extra swim available for all in warm down Pool during sprint)

Friday 6 Nov 2015		Saturday 7 Nov		Sunday 8 Nov	
SESSION 1 Warm up 18:00		SESSION 2 Warm up		SESSION 5 Warm up 08:30	
GIRLS Lanes 0 -4	18:00 - 18:25	MAIN POOL		MAIN POOL	
BOYS Lanes 5 -9	18:00 - 18:25	GIRLS		GIRLS	
		WARM DOWN POOL		WARM DOWN POOL	
Sprint Lanes 0,1,8,9	18:25 - 18:30	BOYS		BOYS	
		MAIN POOL SPRINT		MAIN POOL SPRINT	
Session 1 - Start	18:45	Session 2 - Start		Session 5- Start	
		SESSION 3 Warm up 11:25		SESSION 6 Warm up 11:30	
		MAIN POOL		MAIN POOL	
		GIRLS		GIRLS	
		WARM DOWN POOL		WARM DOWN POOL	
		BOYS		BOYS	
		MAIN POOL SPRINT		MAIN POOL SPRINT	
		Session 3 - Start		Session 6 - Start	
		SESSION 4 Warm up 14:25		SESSION 7 Warm up 14:10	
		MAIN POOL		MAIN POOL	
		GIRLS		GIRLS	
		WARM DOWN POOL		WARM DOWN POOL	
		BOYS		BOYS	
		MAIN POOL SPRINT		MAIN POOL SPRINT	
		Session 4 - Start		Session 7 - Start	