



Bristol North Open Meet - Warm Up Information 2018

Pool Set Up

Swimmers Area

Deep End	Lane 8 - Anti-Clockwise	Shallow End
	Lane 7 - Clockwise	
	Lane 6 - Anti-Clockwise	
	Lane 5 - Clockwise	
	Lane 4 - Anti-Clockwise	
	Lane 3 - Clockwise	
	Lane 2 - Anti-Clockwise	
	Lane 1 - Clockwise	

Spectators Area



Warm Up Times

Saturday 22nd September

Session 1

Time	Male/Female	Lanes	Age
12.00-12.13pm	Male	1-4	9 and 10 years
	Male	5-8	11 and 12 years
12.13-12.26pm	Female	1-8	9 and 10 years
12.26-12.39pm	Female	1-8	11 and 12 years

Session 2

Time	Male/Female	Lanes	Age
16.00-16.13pm	Female	1-8	9 and 10 years
16.13-16.26pm	Female	1-8	11 and 12 years
16.26-16.39	Male	1-4	9 and 10 years
	Male	5-8	11 and 12 years



Saturday 29th September

Session 3

Time	Male/Female	Lanes	Age
12.00-12.13pm	Female	1-8	9 and 10 years
12.13-12.26pm	Female	1-8	11 and 12 years
12.26-12.39pm	Male	1-4	9 and 10 years
		5-8	11 and 12 years

Session 4

Time	Male/Female	Lanes	Age
16.00-16.13pm	Male	1-4	9 and 10 years
	Male	5-8	11 and 12 years
16.13-16.26pm	Female	1-8	9 and 10 years
16.26-16.39pm	Female	1-8	11 and 12 years

Sprint Lanes will open for the last 6 minutes of each warm up, in lanes 1, 2, 7 and 8.

Please adhere to the warm up lanes, times, lane directions and warm-up marshal's instructions to help keep swimmers safe.