



# CITY OF BRISTOL AQUATICS

## Warm Up Schedule

Due to the volume of swimmers, gender and ages warm up procedure will be as follows.

Even lanes anti clockwise, odd lanes clockwise.

Warms up will consist of continuous swim, sprint lanes will be made available as required.

**Friday 8<sup>th</sup> April 2016**

**Session 1 (19.00 to 21.00)**

**Warm up time 18.30 to 19.00 - MIXED**

Lanes	
0 to 4	Boys
5 to 9	Girls

**Saturday 9<sup>th</sup> April 2016**

**Session 2 (08.50 to 10.00)**

**Warm up time 8.15 to 8.45 - MIXED**

Lanes	
0 to 4	Boys
5 to 9	Girls

**Session 3 (11.00 to 13.30)**

**Warm up time 10.00 to 10.30**

Lanes	
0 to 5	9 to 12 Year old girls
6 to 9	13+ Girls

**Warm up time 10.30 to 10.55**

Lanes	
0 to 5	9 to 12 Year old boys
6 to 9	13+ Boys

**Session 4 (14.30 to 17.25)**

**Warm up time 13.40 to 14.05**

<b>Lanes</b>	
0 to 5	9 to 12 Year old girls
6 to 9	13+ Girls

**Warm up time 14.05 to 14.25**

<b>Lanes</b>	
0 to 4	9 to 12 Year old boys
5 to 9	13+ Boys

**Sunday 10<sup>th</sup> April 2016**

**Session 5 (08.50 to 10.00)**

**Warm up time 8.15 to 8.45 - MIXED**

<b>Lanes</b>	
0 to 4	Boys
5 to 9	Girls

**Session 6 (11.00 to 13.30)**

**Warm up time 10.15 to 10.35**

<b>Lanes</b>	
0 to 4	9 to 12 Year old boys
5 to 9	13+ boys

**Warm up time 10.35 to 10.55**

<b>Lanes</b>	
0 to 4	9 to 12 Year old girls
5 to 9	13+ girls

**Session 7 (14.30 to 17.00)**

**Warm up time 13.40 to 14.05**

<b>Lanes</b>	
0 to 5	9 to 12 Year old girls
6 to 9	13+ girls

**Warm up time 14.05 to 14.25**

<b>Lanes</b>	
0 to 5	9 to 12 Year old boys
6 to 9	13+ boys