

## 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.

Warm ups will consist of continuous swim, sprint lanes will be made available as required.

**Saturday 19<sup>th</sup> December 2015**

### Session 1 (09.00 to 10.00)

#### Warm up time 8.15 to 8.50 - MIXED

Lanes	
0 to 6	Girls
7 to 9	Boys

### Session 2 (11.00 to 13.20)

#### 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 3 (14.45 to 17.20)

#### Warm up time 13.45 to 14.15

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

#### Warm up time 14.15 to 14.40

Lanes	
0 to 4	9 to 12 Year old boys
5 to 9	13+ Boys

## Sunday 20<sup>th</sup> December 2015

### Session 4 (09.00 to 10.00)

#### Warm up time 8.15 to 8.50 - MIXED

Lanes	
0 to 4	Girls
5 to 9	Boys

### Session 5 (11.00 to 13.00)

#### Warm up time 10.00 to 10.25

Lanes	
0 to 4	9 to 12 Year old boys
5 to 9	13+ boys

#### Warm up time 10.25 to 10.55

Lanes	
0 to 4	9 to 12 Year old girls
5 to 9	13+ girls

### Session 6 (14.30 to 16.20)

#### Warm up time 13.30 to 14.00

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

#### Warm up time 14.00 to 14.25

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

Just to reaffirm, "heating up" is in the teaching pool area.

The teaching pool is available for swim down for sessions 2/3, 5/6 only.

#### Logistics

**The pool and spectating area is not open until 08.00, so no admission until then.**

Coaches' desk/Sign In desk will be in the usual place by the front entrance.

**Sign in will apply for 400m events only.**

**Saturday 400m session ONLY deadline - 8.30**

**Sunday 400m session ONLY deadline - 8.30**

Please note that the best postcode to use for Sat Nav is BS14 0DB, which will take you to the City of Bristol Skills Academy at the entrance to the hospital site. The hospital is then 400m from the Skills Academy further in Hengrove Park on the right; **the swimming pool is on the left.**

The free parking is in the overflow car park by the pool – the multi story car park by the pool is free for the first **3 hours only**; the multi story car park by the hospital is **not free at all.....so please do not park in there!**

There is additional free car parking next door in the cinema complex that also has a McDonalds (for non swimmers obviously...) and other restaurants.

On site is a café – open from 08.00 until 22.00.

There will be a swim shop on site – [WWW.FIT4SWIMMING.COM](http://WWW.FIT4SWIMMING.COM).

Within driving distance there is an Asda, and a Morrisons.

Any questions – please ask a Blue T-shirted volunteer – that is what they are there for!!

Adrian  
Meet Manager

**2016**

**April 8<sup>th</sup>/9<sup>th</sup>/10<sup>th</sup> - Level 1 - City of Bristol International  
Open Meet**

**July 9<sup>th</sup>/10<sup>th</sup> - Level 3 LC - City of Bristol Summer Festival**

**October 29<sup>th</sup>/30<sup>th</sup> Level 3 - City of Bristol Long Course Early  
Bird**

**December 17<sup>th</sup>/18<sup>th</sup> – Level 2 - City of Bristol Christmas  
Cracker**

