

## Cardiff Closed Invitational Meet Warm Up Schedule

Session	Start time	Finish Time	Lane	Gender	Number of Swimmers
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### Saturday

1 & 2	08:45	09:05	4	Male	11
	09:05	09:25	4	Female	12
3	12:00	12:20	4	Male	3
	12:20	12:40	4	Female	14

### Sunday

4 & 5	08:45	09:05	4	Male	6
	09:05	09:25	4	Female	14
6	12:00	12:20	4	Male	6
	12:20	12:40	4	Female	4

Last 5 minutes of each warm up, to be used for Sprint Starts lane 0-3, 6-9. Lanes 4 & 5 for swimming