



City of Newport Swimming & Water Polo Club

Warm Up Schedule

Session	Warm Up Session	Warm Up Time	Sprints	Lane/s
1	A	5:30-5:45	5:45-5:50	4
2	A	8:30-8:42	8:42-8:45	4-6
3	B	11:50-12:02	12:02-12:05	1-3
4	A	14:40-14:52	14:52-14:55	1-3
5	C	09:00-09:12	09:12-09:15	1-2
5	D	09:15-09:27	09:27-09:30	1-2
6	B	11:45-11:57	11:57-12:00	1-3
7	A	14:35-14:47	14:47-14:50	6-8

Seating Plan

BACK WALL

				C	I	T	Y			
					O	F				
				N	E	W	P	O	R	T