

## Swim Wales South East Regionals Warm Up schedule

SESSION ONE										
Warm up	Time	Sprints	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
A	5.30-5.42	5.42-5.45	BOYS	BOYS	BOYS	BOYS	BOYS	BOYS	Girls 11-12	Girls 11-12
B	5.45-5.57	5.57-6.00	Girls 13/ov	Girls 13/ov	Girls 13/ov	Girls 13/ov	Girls 13/ov	Girls 13/ov	Girls 13/ov	Girls 13/ov
SESSION TWO										
Warm up	Time	Sprints	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
A	8.30-8.45	8.45-8.50	Girls 14-16	Girls 14-16	Girls 14-16	Girls 14-16	Girls 14-16	Girls 14-16	Girls 14-16	Girls 14-16
B	8.50-9.05	9.05-9.10	Boys 11-13	Boys 11-13	Boys 11-13	Girls 17/ov	Girls 17/ov	Girls 17/ov	Boys 14yrs	Boys 14yrs
C	9.10-9.25	9.25-9.30	Girls 11-13	Girls 11-13	Girls 11-13	Girls 11-13	Girls 11-13	Boys 15/ov	Boys 15/ov	Boys 15/ov
SESSION THREE										
A	12.00-12.15	12.15-12.20	Girls 11-13	Girls 11-13	Girls 11-13	Girls 11-13	Girls 11-13	Girls 11-13	Girls 11-13	Girls 11-13
B	12.20-12.35	12.35-12.40	Boys 11-13	Boys 11-13	Boys 11-13	Boys 11-13	Boys 11-13	Boys 11-13	Girls 17/ov	Girls 17/ov
C	12.40-12.55	12.55-1.00	Girls 14-16	Girls 14-16	Girls 14-16	Girls 14-16	Girls 14-16	Boys 14/ov	Boys 14/ov	Boys 14/ov
SESSION FOUR										
A	2.50-3.05	3.05-3.10	Boys 14/ov	Boys 14/ov	Boys 14/ov	Boys 14/ov	Boys 14/ov	Boys 14/ov	Boys 14/ov	Boys 14/ov
B	3.10-3.25	3.25-3.30	Girls 11-13	Girls 11-13	Girls 11-13	Girls 11-13	Girls 11-13	Girls 17/ov	Girls 17/ov	Girls 17/ov
C	3.30-3.45	3.45-3.50	Boys 11-13	Girls 14-16	Girls 14-16	Girls 14-16	Girls 14-16	Girls 14-16	Girls 14-16	Girls 14-16
SESSION FIVE										
A	8.30-8.42	8.42-8.45	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12	Boys 13 yrs
B	8.45-8.57	8.57-9.00	Boys 11-12	Girls 13 yrs	Girls 13 yrs	Girls 13 yrs	Girls 13 yrs	Girls 13 yrs	Boys 15/ov	Boys 15/ov
C	9.00-9.12	9.12-9.15	Boys 14 yrs	Boys 14 yrs	Girls 15-16	Girls 15-16	Girls 15-16	Girls 15-16	Girls 15-16	Girls 15-16
D	9.15-9.27	9.27-9.30	Girls 14 yrs	Girls 14 yrs	Girls 14 yrs	Girls 14 yrs	Girls 17/ov	Girls 17/ov	Girls 17/ov	Girls 17/ov
SESSION SIX										
A	12.15-12.30	12.30-12.35	Boys 11-13	Boys 11-13	Boys 11-13	Boys 11-13	Boys 11-13	Boys 11-13	Boys 11-13	Boys 11-13
B	12.35-12.50	12.50-12.55	Girls 11-13	Girls 11-13	Girls 11-13	Boys 15/ov	Boys 15/ov	Boys 15/ov	Boys 15/ov	Boys 15/ov
C	12.55-1.10	1.10-1.15	Boys 14 yrs	Boys 14 yrs	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov
SESSION SEVEN										
A	3.25-3.37	3.37-3.40	Boys 15/ov	Boys 15/ov	Boys 15/ov	Boys 15/ov	Boys 15/ov	Boys 15/ov	Boys 15/ov	Boys 15/ov
B	3.40-3.52	3.52-3.55	Boys 14 yrs	Boys 14 yrs	Boys 14 yrs	Boys 14 yrs	Girls 14 yrs	Girls 14 yrs	Girls 14 yrs	Girls 14 yrs
C	3.55-4.07	4.07-4.10	Girls 15/ov	Girls 15/ov	Girls 15/ov	Girls 15/ov	Girls 15/ov	Girls 15/ov	Girls 15/ov	Girls 11 yrs
D	4.10-4.22	4.22-4.25	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13	Boys 11-13	Boys 11-13	Boys 11-13	Boys 11-13

