

Swim Wales South East Regionals Warm up Schedule (1st Weekend)

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	Girls 11-12	Girls 11-12	Boys 11-13	Boys 11-13	Boys 14 yrs	Boys 15-16	Boys 17/ov	Boys 17/ov
B	5.45-5.57	5.57-6.00	Girls 13-14	Girls 13-14	Girls 13-14	Girls 13-14	Girls 15/ov	Girls 15/ov	Girls 15/ov	Girls 15/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/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov
B	8.50-9.05	9.05-9.10	Boys 11-13	Boys 11-13	Boys 11-13	Girls 11 yrs	Boys 14/ov	Boys 14/ov	Boys 14/ov	Boys 14/ov
C	9.10-9.25	9.25-9.30	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13
SESSION THREE										
A	11.45-12.00	12.00-12.05	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	12.05-12.20	12.20-12.25	Boys 11-13	Boys 11-13	Boys 11-13	Boys 11-13	Boys 11-13	Boys 11-13	Boys 11-13	Girls 17/ov
C	12.25-12.40	12.40-12.45	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	2.40-2.52	2.52-2.55	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	2.55-3.07	3.07-3.10	Boys 14 yrs	Boys 14 yrs	Girls 14 yrs	Girls 14 yrs	Girls 14 yrs	Boys 11-13	Boys 11-13	Boys 11-13
C	3.10-3.22	3.22-3.25	Girls 11-13	Girls 11-13	Girls 11-13	Girls 11-13	Girls 11-13	Girls 11-13	Girls 11-13	Girls 11-13
C	3.25-3.37	3.37-3.40	Girls 15/ov	Girls 15/ov	Girls 15/ov	Girls 15/ov	Girls 15/ov	Girls 15/ov	Girls 15/ov	Girls 15/ov
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	Girls 11-12
B	8.45-8.57	8.57-9.00	Girls 13 yrs	Girls 13 yrs	Girls 13 yrs	Girls 13 yrs	Girls 13 yrs	Girls 13 yrs	Boys 11-13	Boys 11-13
C	9.00-9.12	9.12-9.15	Girls 17/ov	Girls 17/ov	Girls 17/ov	Boys 11-13	Girls 14 yrs	Girls 14 yrs	Girls 14 yrs	Girls 14 yrs
D	9.15-9.27	9.27-9.30	Girls 15/16	Girls 15/16	Girls 15/16	Girls 15/16	Girls 15/16	Girls 15/16	Boys 14/ov	Boys 14/ov
ALL 11-13 BOYS TO WARM UP IN SECTION B, EXCEPT FOR CARDIFF TO WARM UP IN SECTION C										

SESSION SIX										
A	12.05-12.20	12.20-12.25	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	12.25-12.40	12.40-12.45	Girls 11-13	Girls 11-13	Girls 11-13	Boys 14/ov	Boys 14/ov	Boys 14/ov	Boys 14/ov	Boys 14/ov
B	12.45-1.00	1.00-1.05	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov
SESSION SEVEN										
A	2.45-3.00	3.00-3.05	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	3.05-3.20	3.20-3.25	Boys 14 yrs	Boys 14 yrs	Boys 14 yrs	Girls 15-16	Girls 15-16	Girls 15-16	Girls 15-16	Girls 15-16
C	3.25-3.40	3.40-3.45	Girls 14 yrs	Girls 14 yrs	Girls 14 yrs	Girls 14 yrs	Boys 11 yrs	Boys 11 yrs	Girls 17/ov	Girls 17/ov
D	3.25-3.40	3.40-3.45	Boys 12-13	Boys 12-13	Boys 12-13	Girls 11-13	Girls 11-13	Girls 11-13	Girls 11-13	Girls 11-13