

Swim Wales South East Sub Regionals Warm Up times.

SESSION ONE

Warm up	Time	Sprints	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
A	5:30-5:45	5:45-5:50	Boys 10-13	Girls 10-12	Girls 10-12	Girls 10-12	Boys 14/ov.	Girls 13/ov	Girls 13/ov	Girls 13/ov

SESSION TWO

A	8:30-8:42	8:42-8:45	Boys 10-12	Boys 10-12	Boys 10-12	Boys 10-12	Boys 10-12	Boys 10-12	Boys 15/ov	Boys 15/ov
B	8:45-8:57	8:57-9:00	Boys 13/14	Boys 13/14	Boys 13/14	Girls 12 yrs	Girls 12 yrs	Girls 12 yrs	Girls 12 yrs	Girls 12 yrs
C	9:00-9:12	9:12-9:15	Girls 10-11	Girls 10-11	Girls 10-11	Girls 10-11	Girls 10-11	Girls 10-11	Girls 10-11	Girls 10-11
D	9:15-9:27	9:27-9:30	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 THREE

A	12:25-12:37	12:37-12:40	Boys 10-12	Boys 10-12	Boys 10-12	Boys 10-12	Boys 10-12	Boys 10-12	Boys 10-12	Boys 17/ov
B	12:40-12:52	12:52-12:55	Girls 14/ov	Girls 14/ov	Girls 14/ov	Boys 13-16	Boys 13-16	Boys 13-16	Boys 13-16	Boys 13-16
C	12:55-1:07	1:07-1:10	Girls 13 yrs	Girls 13 yrs	Girls 13 yrs	Girls 13 yrs	Girls 10 yrs	Girls 10 yrs	Girls 10 yrs	Girls 10 yrs
D	1:10-1:22	1:22-1:25	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12

SESSION FOUR

A	4:30-4:42	4:42-4:45	Girls 10-11	Girls 10-11	Girls 10-11	Girls 10-11	Girls 10-11	Girls 10-11	Girls 15/ov	Girls 15/ov
B	4:45-4:57	4:57-5:00	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13
C	5:00-5:12	5:12-5:15	Boys 10-12	Boys 10-12	Boys 10-12	Boys 10-12	Boys 10-12	Boys 10-12	Boys 10-12	Girls 14 yrs
D	5:15-5:27	5:27-5:30	Boys 13/ov	Boys 13/ov	Boys 13/ov	Boys 13/ov	Boys 13/ov	Boys 13/ov	Boys 13/ov	Boys 13/ov

SESSION FIVE

A	8:30-8:45	8:45-8:50	Girls 13/ov	Girls 13/ov	Girls 13/ov	Girls 13/ov	Girls 13/ov	Boys 13-16	Boys 13-16	Boys 13-16
B	8:50-9:05	9:05-9:10	Boys 17/ov	Girls 10 yrs	Girls 10 yrs	Boys 10-12	Boys 10-12	Boys 10-12	Boys 10-12	Boys 10-12
C	9:10-9:25	9:25-9:30	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12

SESSION SIX

A	11:20-11:35	11:35-11:40	Girls 10-11	Girls 10-11	Girls 10-11	Girls 10-11	Girls 10-11	Girls 10-11	Girls 10-11	Girls 14 yrs
B	11:40-11:55	11:55-12:00	Girls 15-16	Girls 15-16	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13
C	12:00-12:15	12:15-12:20	Boys 10-13	Boys 10-13	Boys 10-13	Boys 10-13	Boys 14/ov	Boys 14/ov	Boys 14/ov	Boys 14/ov

SESSION SEVEN

A	2:45-3:00	3:00-3:05	Boys 13/ov	Boys 13/ov	Boys 13/ov	Boys 13/ov	Boys 10-12	Boys 10-12	Boys 10-12	Boys 10-12
B	3:05-3:20	3:20-3:25	Girls 10-11	Girls 10-12	Girls 10-12	Girls 10-12	Girls 13/ov	Girls 13/ov	Girls 13/ov	Girls 13/ov