Swim Wales South East Sub Regionals - Warm Up Schedule

Warm up	Time	Sprints	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SESSION ONE										
A	5.30-5.50	5.50-5.55	Boys 10-12	Girls 10-12	Girls 10-12	Boys 13/ov.	Boys 13/ov.	Girls 13/ov	Girls 13/ov	Girls 13/ov
SESSION TWO										
A	8.30-8.42	8.42-8.45	Boys 10-11	Boys 10-11	Boys 10-11	Boys 10-11	Boys 12-13	Boys 12-13	Boys 12-13	Boys 12-13
B	8.45-8.57	8.57-9.00	Boys 14yrs	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov	Boys 15/ov	Boys 15/ov
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 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	12.30-12.42	12.42-12.45	Boys 10-11	Boys 10-11	Boys 10-11	Boys 10-11	Boys 14/ov	Boys 14/ov	Boys 14/ov	Boys 14/ov
B	12.45-12.57	12.57-1.00	Girls 10yrs	Girls 10yrs	Girls 10yrs	Boys 12-13	Boys 12-13	Boys 12-13	Boys 12-13	Boys 12-13
C	1.00-1.12	1.12-1.15	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12
D	1.15-1.27	1.27-1.30	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 FOUR										
A	4.10-4.22	4.22-4.25	Girls 10-11	Girls 10-11	Girls 10-11	Girls 10-11	Girls 10-11	Girls 10-11	Girls 10-11	Girls 10-11
B	4.25-4.37	4.37-4.40	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	4.40-4.52	4.52-4.55	Boys 10-11	Boys 10-11	Boys 10-11	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov
D	4.55-5.07	5.07-5.10	Boys 12-13	Boys 12-13	Boys 12-13	Boys 12-13	Boys 14/ov	Boys 14/ov	Boys 14/ov	Boys 14/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	Girls 13/ov	Boys 13yrs	Boys 13yrs
B	8.50-9.05	9.05-9.10	Boys 10-12	Boys 10-12	Boys 10-12	Girls 10yrs	Girls 10yrs	Boys 14/ov	Boys 14/ov	Boys 14/ov
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	11.25-11.40	11.40-11.45	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	11.45-12.00	12.00-12.05	Girls 14 yrs	Girls 14 yrs	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13
C	12.05-12.20	12.20-12.25	Boys 10-13	Boys 10-13	Boys 10-13	Boys 10-13	Boys 10-13	Boys 14/ov	Boys 14/ov	Boys 14/ov
SESSION SEVEN										
A	2.40-2.55	2.55-3.00	Boys 10-13	Boys 10-13	Boys 10-13	Boys 10-13	Boys 10-13	Boys 14/ov	Boys 14/ov	Boys 14/ov
B	3.00-3.15	3.15-3.20	Girls 10-12	Girls 10-12	Girls 10-12	Girls 10-12	Girls 10-12	Girls 10-12	Girls 10-12	Girls 10-12
C	3.20-3.35	3.35-3.40	Girls 13/ov	Girls 13/ov	Girls 13/ov	Girls 13/ov	Girls 13/ov	Girls 13/ov	Girls 13/ov	Girls 13/ov