

Swim Wales South East Region "No Times " Gala - Warm Up Schedule										
(This Meet is now on Saturday 6th April Only)										
SESSION ONE										
Warm up	Time	Sprints	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
A	1.15-1.30	1.30-1.35	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12	Girls 13-14	Girls 13-14	Girls 13-14	Girls 13-14
B	1.35-1.50	1.50-1.55	Boys 9 - 12	Boys 9 - 12	Boys 9 - 12	Girls 9-10	Girls 9-10	Boys 13/ov	Girls 15/ov	Girls 15/ov
SESSION TWO										
A	4.45-5.00	5.00-5.05	Boys 13/ov	Boys 13/ov	Boys 13/ov	Girls 9-10	Girls 9-10	Boys 9-12	Boys 9-12	Boys 9-12
B	5.05-5.20	5.20-5.25	Girls 13/ov	Girls 13/ov	Girls 13/ov	Girls 13/ov	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12