

## Welsh Capital Meet Warm Up Schedule

Session	Start time	Finish Time	Lane	Gender	Number of Swimmers
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### Saturday

1	08:45	09:05	3	Male	8
	09:05	09:25	3	Female	9
2	11:10	11:35	3	Male	10
	11:35	11:55	3	Female	17

800m Freestyle mixed warm up, 20 minutes at end of Event 208

3	14:25	14:45	3	Male	10
	14:45	15:05	3	Female	9

### Sunday

4	08:30	08:50	3	Female	12
	08:50	09:10	3	Male	5
5	10:50	11:15	3	Female	20
	11:15	11:40	3	Male	11

1500m Freestyle mixed warm up, 20 minutes at end of Event 508

6	13:45	14:05	3	Female	15
	14:05	14:25	3	Male	7

Last 5 minutes of each warm up, to be used for Sprint Starts within lane