

## Warm-up Schedule

The warm-up for all sessions will be organised as follows -  
Lanes 1, 3 and 5 will swim clockwise; Lanes 2, 4 and 6 will swim anti-clockwise.

All warm-ups must be supervised by club coaches/team managers.

All warm-ups will be divided into 15 minute slots. Please vacate lanes promptly at the end of your slot so that the next swimmers can start their warm-up.

Sprint Lanes will operate for the last 5 minutes of each session, or earlier if Where clubs have been allocated shared lanes, they are requested to liaise with other coaches to make best use of the space available.

### Session 1 - Warm-up 9.00am Start 9.50am

9.00-9.15am		9.15-9.30am		9.30-9.45am	
Deben	1-6	Stowmarket	1-6	Leiston	1-2
				Beccles	3-4
				Clacton Felixstowe	5
				Ipswich Swan Cambridge	6

### Session 2 - Warm-up 12.15pm Start 1.05pm

12.15-12.30pm		12.30-12.45pm		12.45-1.00pm	
Deben	1-6	Ipswich Mildenhall	1	Leiston	1-3
		Stowmarket First Strokes	2-6	Beccles Swan	4-5
				Clacton Felixstowe	6

### Session 3 - Warm-up 3.45pm Start 4.35pm

3.45-4.00pm		4.00-4.15pm		4.15-4.30pm	
Stowmarket	1-5	Leiston	1-3	Deben	1-6
		Beccles Mildenhall	4-5		
Ipswich Clacton	6	Felixstowe Swan Cheshunt	6		