

## Warm-up Schedule

The warm-up for all sessions will be organised as follows -  
Lanes 1, 3, 5 and 7 will swim clockwise; Lanes 2, 4, 6 and 8 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.

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 2:30pm Start 3:20pm

	2:30-2:45	2:45-3:00	3:00-3:15
Lane 1	Deben	Ipswich	Felixstowe
Lane 2			
Lane 3			
Lane 4			Hadleigh
Lane 5			
Lane 6		Colchester / Rochford	Wellingborough
Lane 7			
Lane 8	South / Clac		

### Session 2 - Warm-up 9:30am Start 10:20am

	9:30-9:45	9:45-10:00	10:00-10:15
Lane 1	Deben	Ipswich	Felixstowe
Lane 2			
Lane 3			
Lane 4			Hadleigh
Lane 5			
Lane 6		Colchester / Rochford	Wellingborough
Lane 7			
Lane 8	South / Clac		

### Session 3 - Warm-up 12:45pm Start 1:35pm

	12:45-1:00	1:00-1:15	1:15-1:30
Lane 1	Ipswich	Felixstowe	Deben
Lane 2			
Lane 3			
Lane 4		South / Clac	
Lane 5			
Lane 6		Wellingborough	
Lane 7	All other clubs		
Lane 8			