

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 3:05pm

	2:30-2:45	2:45-3:00
Lane 1	Deben	St Felix
Lane 2		
Lane 3		
Lane 4		
Lane 5		Felixstowe / Ipswich / Stowmarket
Lane 6		
Lane 7		
Lane 8	Brompton	

Session 2 - Warm-up 8:30am Start 9:05am

	8:30-8:45	8:45-9:00
Lane 1	Deben	St Felix
Lane 2		
Lane 3		
Lane 4		Ipswich / Stowmarket
Lane 5		
Lane 6		Brompton
Lane 7		
Lane 8		

Session 3 - Warm-up 11:00am Start 11:35am

	11:00-11:15	11:15-11:30
Lane 1	Deben	St Felix
Lane 2		
Lane 3		
Lane 4		
Lane 5		Brompton
Lane 6	Felixstowe	Ipswich
Lane 7		
Lane 8		

Session 4 - Warm-up 2:00pm Start 2:30pm

	2:00-2:15	2:15-2:30
Lane 1	Deben	St Felix
Lane 2		
Lane 3		
Lane 4		
Lane 5		Brompton
Lane 6	Felixstowe	Ipswich
Lane 7		
Lane 8		