

## Warm Up Schedule

Saturday 26 October Session 1	Session Start Time 9.20am	Saturday 26 October Session 2	Session Start Time 2.35pm
8.00am – 8.15am	9,10 and 11 Boys	1.15pm – 1.30pm	9 and 10 Girls
8.15am – 8.30am	12/Over Boys	1.30pm – 1.45pm	11 and 12 Girls
8.30am – 8.45am	9 and 10 Girls	1.45pm – 2.00pm	13/Over Girls
8.45am – 9.00am	11 and 12 Girls	2.00pm – 2.15pm	9,10 and 11 Boys
9.00am – 9.15am	13/Over Girls	2.15pm – 2.30pm	12/Over Boys

Sunday 27 October Session 3	Session Start Time 9.20am	Sunday 27 October Session 4	Session Start Time 2.50pm
8.00am – 8.15am	9 and 10 Girls	1.30pm – 1.45pm	9,10 and 11 Boys
8.15am – 8.30am	11 and 12 Girls	1.45pm – 2.00pm	12/Over Boys
8.30am – 8.45am	13/Over Girls	2.00pm – 2.15pm	9 and 10 Girls
8.45am – 9.00am	9,10 and 11 Boys	2.15pm – 2.30pm	11 and 12 Girls
9.00am – 9.15am	12/Over Boys	2.30pm – 2.45pm	13/Over Girls

Coaches and Team Managers are directly responsible for the supervision and instruction of their swimmers during all designated warm ups.

## Useful Information

- Only officials, coaches (with their pass displayed), swimmers and BA organising staff should be on poolside. There should be no spectators in the changing village at any time.
- As the meet is fully subscribed, swimmers should either remain on poolside or in the sports hall and not occupy seats in the spectator area.
- Marshalling will take place in the sports hall. It is the swimmer's responsibility to report to marshalling in good time before their race.
- Swimmers are reminded that suitable poolside clothing and footwear are always to be worn upon leaving poolside. No bare feet!
- Results will be posted on conclusion of each event on poolside, in the sports hall and outside the café.
- All medals can be collected from the Medal Table located in the sports hall.
- Speeding Tickets will be produced during the day and will be available as soon as is practicable in the sports hall.
- Light refreshments will be served throughout the meet in the Café overlooking the pool. Please note that only items purchased from the Café should be consumed in this area.