

SHEFFIELD CITY SPRING OPEN MEET – WARM-UP DETAILS

SESSION 1

FEMALES: 9 TO 12 YEAR OLD'S:

8.00am TO 8.10am: LANES 0 TO 9: GENERAL WARM-UP
8.10am TO 8.15am: LANES 8 & 9: DIVE STARTS
8.10am TO 8.15am: LANES 0 & 1: BACKSTROKE LEDGE STARTS
8.10am TO 8.15am: LANES 2 TO 7: CONTINUATION OF GENERAL WARM-UP

OPEM/MALE'S: 9 TO 12 YEAR OLD'S:

8.15am TO 8.25am: LANES 0 TO 9: GENERAL WARM-UP
8.25am TO 8.30am: LANES 8 & 9: DIVE STARTS
8.25am TO 8.30am: LANES 0 & 1: BACKSTROKE LEDGE STARTS
8.25am TO 8.30am: LANES 2 TO 7: CONTINUATION OF GENERAL WARM-UP

FEMALES: 13+ YEARS:

8.30am TO 8.40am: LANES 0 TO 9: GENERAL WARM-UP
8.40am TO 8.45am: LANES 8 & 9: DIVE STARTS
8.40am TO 8.45am: LANES 0 & 1: BACKSTROKE LEDGE STARTS
8.40am TO 8.45am: LANES 2 TO 7: CONTINUATION OF GENERAL WARM-UP

OPEM/MALE'S: 13+ YEARS:

8.45am TO 8.55am: LANES 0 TO 9: GENERAL WARM-UP
8.55am TO 9.00am: LANES 8 & 9: DIVE STARTS
8.55am TO 9.00am: LANES 0 & 1: BACKSTROKE LEDGE STARTS
8.55am TO 9.00am: LANES 2 TO 7: CONTINUATION OF GENERAL WARM-UP

**** THE DIVE PIT WILL BE AVAILABLE FOR WARM-UP / WARM-DOWN FROM 9.05am ONWARDS AND THROUGHOUT THE DAY ****

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SESSION 2

OPEM/MALE'S: 9 TO 12 YEAR OLD'S:

1.15pm TO 1.25pm: LANES 0 TO 9: GENERAL WARM-UP
1.25pm TO 1.30pm: LANES 8 & 9: DIVE STARTS
1.25pm TO 1.30pm: LANES 0 & 1: BACKSTROKE LEDGE STARTS
1.25pm TO 1.30pm: LANES 2 TO 7: CONTINUATION OF GENERAL WARM-UP

FEMALES: 9 TO 12 YEAR OLD'S:

1.30pm TO 1.40pm: LANES 0 TO 9: GENERAL WARM-UP
1.40pm TO 1.45pm: LANES 8 & 9: DIVE STARTS
1.40pm TO 1.45pm: LANES 0 & 1: BACKSTROKE LEDGE STARTS
1.40pm TO 1.45pm: LANES 2 TO 7: CONTINUATION OF GENERAL WARM-UP

OPEM/MALE'S: 13+ YEARS:

1.45pm TO 1.55pm: LANES 0 TO 9: GENERAL WARM-UP
1.55pm TO 2.00pm: LANES 8 & 9: DIVE STARTS
1.55pm TO 2.00pm: LANES 0 & 1: BACKSTROKE LEDGE STARTS
1.55pm TO 2.00pm: LANES 2 TO 7: CONTINUATION OF GENERAL WARM-UP

FEMALES: 13+ YEARS:

2.00pm TO 2.10pm: LANES 0 TO 9: GENERAL WARM-UP
2.10pm TO 2.15pm: LANES 8 & 9: DIVE STARTS
2.10pm TO 2.15pm: LANES 0 & 1: BACKSTROKE LEDGE STARTS
2.10pm TO 2.15pm: LANES 2 TO 7: CONTINUATION OF GENERAL WARM-UP

**** THE DIVE PIT WILL BE AVAILABLE FOR WARM-UP / WARM-DOWN FROM 9.05am ONWARDS AND THROUGHOUT THE DAY ****