

SHEFFIELD CITY SPRING OPEN MEET – WARM UP DETAILS

SESSION 1:

OPEN/MALE'S: 9 TO 13 YEAR OLD'S

8.00am TO 8.10am:	LANES 0 TO 9 – GENERAL WARM-UP
8.10am TO 8.15am:	LANES 0 TO 2 & 7 TO 9: DIVE STARTS
8.10am TO 8.15am:	LANES 3 TO 6 – CONTINUATION OF GENERAL WARM-UP

OPEN/MALE'S: 14+ YEARS

8.15am TO 8.25am:	LANES 0 TO 9 – GENERAL WARM-UP
8.25am TO 8.30am:	LANES 0 TO 2 & 7 TO 9: DIVE STARTS
8.25am TO 8.30am:	LANES 3 TO 6 – CONTINUATION OF GENERAL WARM-UP

FEMALE'S: 9 TO 13 YEAR OLD'S

8.30am TO 8.40am:	LANES 0 TO 9 – GENERAL WARM-UP
8.40am TO 8.45am:	LANES 0 TO 2 & 7 TO 9: DIVE STARTS
8.40am TO 8.45am:	LANES 3 TO 6 – CONTINUATION OF GENERAL WARM-UP

FEMALE'S: 14+ YEARS

8.45am TO 8.55am:	LANES 0 TO 9 – GENERAL WARM-UP
8.55am TO 9.00am:	LANES 0 TO 2 & 7 TO 9: DIVE STARTS
8.55am TO 9.00am:	LANES 3 TO 6 – CONTINUATION OF GENERAL WARM-UP

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

SHEFFIELD CITY SPRING OPEN MEET – WARM UP DETAILS

SESSION 2:

FEMALE'S: 9 TO 13 YEAR OLD'S

1.15pm TO 1.25pm:	LANES 0 TO 9 – GENERAL WARM-UP
1.25pm TO 1.30pm:	LANES 0 TO 2 & 7 TO 9: DIVE STARTS
1.25pm TO 1.30pm:	LANES 3 TO 6 – CONTINUATION OF GENERAL WARM-UP

FEMALE'S: 14+ YEARS

1.30pm TO 1.40pm:	LANES 0 TO 9 – GENERAL WARM-UP
1.40pm TO 1.45pm:	LANES 0 TO 2 & 7 TO 9: DIVE STARTS
1.40pm TO 1.45pm:	LANES 3 TO 6 – CONTINUATION OF GENERAL WARM-UP

OPEN/MALE'S: 9 TO 13 YEAR OLD'S

1.45pm TO 1.55pm:	LANES 0 TO 9 – GENERAL WARM-UP
1.55pm TO 2.00pm:	LANES 0 TO 2 & 7 TO 9: DIVE STARTS
1.55pm TO 2.00pm:	LANES 3 TO 6 – CONTINUATION OF GENERAL WARM-UP

OPEN/MALE'S: 14+ YEARS

2.00pm TO 2.10pm:	LANES 0 TO 9 – GENERAL WARM-UP
2.10pm TO 2.15pm:	LANES 0 TO 2 & 7 TO 9: DIVE STARTS
2.10pm TO 2.15pm:	LANES 3 TO 6 – CONTINUATION OF GENERAL WARM-UP

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