

# CARDIFF INTERNATIONAL OPEN MEET

## level 1 long course

remembering | Keith Bewley

Friday 25<sup>th</sup> Saturday 26<sup>th</sup> Sunday 27<sup>th</sup> May 2018  
Cardiff International Pool, CF11 0JS

### Warm Up & Session Times

Warm up sessions will be mixed. Coaches are asked to prioritise swimmers competing in the first heats of each session to warm up first and stagger their swimmers. We suggest swimmers aged 11/14yrs warm up at the beginning followed by the older swimmers in each club.

Even numbered lanes are to be swam in clockwise direction & odd numbered lanes swam anti-clockwise.

Lanes 1-8 are for warm up with a max of 16 swimmers/lane – as required by Legacy Leisure.

Lanes 0 & 9 are permanent sprint lanes – swimmers must swim to the 25m mark & exit the pool at that point. Further sprint lanes will be opened toward the end of each warm up.

There is NO warm down pool available. Warm up will end 5/10 minutes before the start of each session.

**Boys are to access/exit pool from the ice rink end and Girls access/exit from the car park end**

SESSION 2	FRIDAY Warm up 08:15	SESSION 3	FRIDAY Warm up 11:35
MIXED	08:15 - 08:30	MIXED	11:35 -11:55
MIXED	08:30 - 08:50	MIXED	11:55 -12:15
MIXED	08:50 - 09:05	MIXED	12:15 -12:35
SESSION 4 FINALS   Warm up MIXED 15:30 - 15:50 (est. finish 17:00)			
SESSION 5	SATURDAY Warm up 8:15am	SESSION 6	SATURDAY Warm up 11:55
MIXED	08:15 - 08:30	MIXED	11:55 -12:10
MIXED	08:30 - 08:45	MIXED	12:10 -12:25
MIXED	08:45 - 09:00	MIXED	12:25 - 12:40
MIXED	09:00 - 09:15	MIXED	12:40 - 13:00
SESSION 7 FINALS   Warm up MIXED 16:50 - 17:10 (est. finish 18:00)			
SESSION 8	SUNDAY Warm up 8:30am	SESSION 9	SUNDAY Warm up 11:50
MIXED	08:30 - 08:45	MIXED	11:50 -12:05
MIXED	08:45 - 09:00	MIXED	12:05 -12:25
MIXED	09:00 - 09:20	MIXED	12:25 -12:45
SESSION 10 FINALS   Warm up MIXED 15:30 - 15:50 (est. finish 17:00)			

All Clubs must ensure that their swimmers are supervised during warm up. Swimmers disregarding health + safety instructions and ignoring the direction of the Warm Up Marshals will be not be tolerated and thus will be excluded from warm up. Please ensure your swimmers exit the pool at the side and do not climb out over the timing pads as this can cause damage to the timing pads and lead to delays to the meet.