

T i G e R · B a Y · o P e N · M e e T

17 & 18 March 2018 | Level 3 Sanction 3WL180123

Warm Up & Session Times

All Warm Up sessions end 5 minutes before the commencement of each Session.

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| Session 1 | FRIDAY | PARA SWIMMERS TO USE Lane 0 ALL OTHER SWIMMERS TO USE Lanes 1-9 | |
| | SESSION CANCELLED | | |
| Session 2 | SATURDAY | Session 5 | SUNDAY |
| Girls | 09:00 - 09:35 (sprint lanes from 09:30) | Boys | 08:30 - 08:50 (Sprint lanes from 08:45) |
| Boys | 09:35 - 09:55 (sprint lanes from 09:50) | Girls | 08:50 - 09:25 (Sprint lanes from 09:20) |
| Session 3 | | Session 6 | |
| Boys | 11:55 - 12:15 (sprint lanes from 12:10) | Girls | 10:45 - 11:20 (Sprint lanes from 11:15) |
| Girls | 12:15 - 12:50 (sprint lanes from 12:45) | Boys | 11:20 - 11:40 (Sprint lanes from 11:35) |
| Session 4 | | Session 7 | |
| Girls | 14:30 - 15:05 (sprint lanes from 15:00) | Girls | 13:30 - 14:05 (Sprint lanes from 14:00) |
| Boys | 15:05 - 15:25 (sprint lanes from 15:20) | Boys | 14:05 - 14:25 (Sprint lanes from 14:20) |

NOTE max 16 swimmers/lane – as required by Legacy Leisure.

There is NO warm down pool available.

Boys are to access/exit pool from Toys R Us end and Girls access/exit from the car park end

Girls 9-11yrs are to warm up in first 15 mins then 12-16yrs can warm up in remainder of each session.

All Clubs must ensure that their swimmers are supervised during warm up. Even numbered lanes are to be swam in clockwise direction & odd numbered lanes swam anti-clockwise. All lanes will be swim lanes until sprint lanes are announced for each session. 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 pads and lead to delays to the meet.

Sprint lanes will be opened by the announcer and will be L1,2,3 & 7,8,9.

Lanes 4, 5 & 6 will remain swim lanes

Warm up Marshals will be used. Swimmers disregarding health + safety instructions and ignoring the direction of the Marshals will be not be tolerated and thus will be excluded from Warm Up.

Swimmers must not climb out of the pool over the timing pads!