

WELSH CAPITAL OPEN MEET 2017

WARM UP TIMINGS

Friday 3 Nov 2017	Saturday 4 Nov 17	Sunday 5 Nov 17
SESSION 1 Warm up 18:00	SESSION 2 Warm up 08:40	SESSION 5 Warm up 08:30
SWIMMERS IN s1 MUST SIGN IN BEFORE WARM UP STARTS	MIXED (16/lane) 08:40-09:05 MIXED (16/lane) 08:40-09:05	MIXED (16/lane) 08:30-08:55 MIXED (16/lane) 08:30-08:55
FEMALE Lanes 0 -4 18:00 - 18:20 MALE Lanes 5 -9 18:00 - 18:20 Sprint Lanes 0 & 9 18:15 - 18:20	Sprint Lanes 8 9 08:40-09:05	Sprint Lanes 8 9 08:30-08:55
Session 1 - Start 18:30	Session 2 - Start 09:15	Session 5- Start 09:00
SESSION 3 Warm up 10:45	SESSION 6 Warm up 10:25	
SWIMMERS IN s3 MUST SIGN IN BEFORE WARM UP STARTS	FEMALE 9-12 10:45-11:05 Sprint Lanes 0 1 8 9 11:00-11:05 FEMALE 13+ 11:05-11:30 Sprint Lanes 0 1 8 9 11:25-11:30 MALE 11:30-11:50 Sprint Lanes 0 1 8 9 11:45-11:50	MALE 10:25-10:45 Sprint Lanes 0 1 8 9 10:25-10:45 FEMALE 9-12 10:45-11:05 Sprint Lanes 0 1 8 9 10:45-11:05 FEMALE 13+ 11:05-11:25 Sprint Lanes 0 1 8 9 11:05-11:25
SWIMMERS IN s6 MUST SIGN IN BEFORE WARM UP STARTS	Session 3 - Start 12:00	Session 6 - Start 11:30
SESSION 4 Warm up 18:00	SESSION 7 Warm up 17:15	
MIXED (16/lane) 18:00-18:20 Sprint Lanes 8 9 18:00-18:20	MIXED (16/lane) 17:15-17:35 Sprint Lanes 8 9 17:15-17:35	
Session 4 - Start 18:30	Session 6 - Start 17:45	