

# WELSH CAPITAL OPEN MEET SC 2018

WARM UP TIMINGS - Use both pools as detailed below

WARM DOWN POOL for MC swimmers & swimmers aged 9- 12

MAIN POOL swimmers 13+ CLUB COACHES TO AGREE LANES used

MAIN POOL SPRINT from car park end blocks no access from Ice Rink end

Saturday 3 Nov 18		Sunday 4 Nov 18	
<b>SESSION 1 Warm up</b>	<b>08:30</b>	<b>SESSION 4 Warm up</b>	<b>08:15</b>
MALE 9-12	08:30-08:55	FEMALE 9-12	08:15-08:40
MALE 13+	08:30-08:55	FEMALE 13+	08:15-08:40
SPRINT LANE 0 1 2 3	08:45-08:55	SPRINT LANE 0 1 2 3	08:30-08:40
FEMALE 9-12	08:55-09:20	MALE 9-12	08:40-09:05
FEMALE 13+	08:55-09:20	MALE 13+	08:40-09:05
SPRINT LANE 0 1 2 3	09:10-09:20	SPRINT LANE 0 1 2 3	08:55-09:05
<b>Session 1 - Start</b>	<b>09:30</b>	<b>Session 4- Start</b>	<b>09:15</b>
<b>SESSION 2 Warm up</b>	<b>12:00</b>	<b>SESSION 5 Warm up</b>	<b>11:15</b>
MALE 9-12	12:00-12:25	FEMALE 9-12	11:15-11:40
MALE 13+	12:00-12:25	FEMALE 13+	11:15-11:40
SPRINT LANE 0 1 2 3	12:15-12:25	SPRINT LANE 0 1 2 3	11:30-11:40
FEMALE 9-12	12:25-12:50	MALE 9-12	11:40-12:05
FEMALE 13+	12:25-12:50	MALE 13+	11:40-12:05
SPRINT LANE 0 1 2 3	12:35-12:50	SPRINT LANE 0 1 2 3	11:55-12:05
<b>Session 2 - Start</b>	<b>13:00</b>	<b>Session 5 - Start</b>	<b>12:15</b>
<b>SESSION 3 Warm up</b>	<b>15:00</b>	<b>SESSION 6 Warm up</b>	<b>14:15</b>
FEMALE 9-12	15:00-15:20	MALE 9-12	14:15-14:35
FEMALE 13+	15:00-15:20	MALE 13+	14:15-14:35
SPRINT LANE 0 1 2 3	15:15-15:20	SPRINT LANE 0 1 2 3	14:30-14:35
MALE 9-12	15:20-15:40	FEMALE 9-12	14:35-14:55
MALE 13+	15:20-15:40	FEMALE 13+	14:35-14:55
SPRINT LANE 0 1 2 3	15:20-15:40	SPRINT LANE 0 1 2 3	14:50-14:55
<b>Session 3 - Start</b>	<b>15:45</b>	<b>Session 6 - Start</b>	<b>15:00</b>