

Warm-Up Schedule

Due to the number of swimmers in different age groups we have allocated lanes for all 4 warm up's for each club
Coaches can decide how they wish to use them. If you are sharing a lane then we suggest you liaise with the other clubs to see how best to use the warm up period.

SESSION ONE

<u>Warm up 1 -12:30-12:43</u>							
<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Lane 7</u>	<u>Lane 8</u>
Hitchin	Hitchin	Hertford	Ware/Watford	Ware	Harlow	Harlow	Bushey
<u>Warm up 2 - 13:43-12:56</u>							
<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Lane 7</u>	<u>Lane 8</u>
Hitchin	Hitchin	Hertford	Ware	Ware	Harlow	Harlow	Bushey
<u>Warm up 3 - 12:56-13:09</u>							
<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Lane 7</u>	<u>Lane 8</u>
Cheshunt	Cheshunt	Hertford	CoStA	CoStA	CoStA	Potters Bar	Potters Bar
<u>Warm up 4 - 13:09-13:22</u>							
<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Lane 7</u>	<u>Lane 8</u>
Cheshunt	Cheshunt	Cheshunt	CoStA	CoStA	CoStA	Potters Bar	Potters Bar

SESSION TWO

<u>Warm up 1 -17:15-17:25</u>							
<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Lane 7</u>	<u>Lane 8</u>
Cheshunt	Cheshunt	Cheshunt	CoStA	CoStA	CoStA	Potters Bar	Potters Bar
<u>Warm up 2 - 17:25-17:35</u>							
<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Lane 7</u>	<u>Lane 8</u>
Cheshunt	Cheshunt	Hertford	CoStA	CoStA	CoStA	Potters Bar	Potters Bar
<u>Warm up 3 - 17:35-17:45</u>							
<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Lane 7</u>	<u>Lane 8</u>
Hitchin	Hitchin	Hertford	Ware	Ware	Harlow	Harlow	Bushey
<u>Warm up 4 - 17:45-17:55</u>							
<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Lane 7</u>	<u>Lane 8</u>
Hitchin	Hitchin	Hertford	Ware/Watford	Ware	Harlow	Harlow	Bushey