NOTTINGHAMSHIRE ASA
COUNTY RELAYS 2023

WARM UP SCHEDULE

SUNDAY - AM

	Warm Up	Age Range	Gender
1	08:00 - 08:27	10/12/14 teams	Mixed
2	08:28 - 08:55	16/Open teams	Mixed

- Odd lanes are to start from the scoreboard and swim Clockwise.
- Even lanes are to start from the boom and swim Anti-Clockwise.

DO NOT stand on the timing boads to enter the pool.

When exiting the pool, this must be done from the sides of the pool and NOT over the timing boards.

Swimmers are to leave the warm up session promptly to make way for the next session to start.

Swimmers should be ready to start their warm up promptly at the start of the allocated session.

Due to the High Numbers of swimmers involved in the warm up, there will be a NO diving policy during the warm up sessions.

NOTTINGHAMSHIRE ASA
COUNTY RELAYS 2023

WARM UP SCHEDULE

SUNDAY - PM

	Warm Up	Age Range	Gender
1	12:30 - 12:43	10/12/14 teams	Female
2	12:44 - 12:57	16/Open teams	Female
3	12:58 - 13:11	10/12/14 teams	Male
4	13:12 - 13:25	16/Open teams	Male

- Odd lanes are to start from the scoreboard and swim Clockwise.
- Even lanes are to start from the boom and swim Anti-Clockwise.

DO NOT stand on the timing boads to enter the pool.

When exiting the pool, this must be done from the sides of the pool and NOT over the timing boards.

Swimmers are to leave the warm up session promptly to make way for the next session to start.

Swimmers should be ready to start their warm up promptly at the start of the allocated session.

Due to the High Numbers of swimmers involved in the warm up, there will be a NO diving policy during the warm up sessions.