WARM UP PROCEDURE

The morning session warm up will start at 7.45am and the start time for the programme will be 9.15am.

For the afternoon, warm up session will start at 12:45pm with a start time of 2.00pm.

The morning warm up will proceed as follows:

7.45-8.05: 11-14 Girls

(Last 5 mins sprint lanes in 1 & 8)

8.05 - 8.20am: 9/10 Girls and Boys

(Last 5 mins sprint lanes 1 & 8)

8.20-8.40am: 15+ Girls and Boys

(Last 5 mins sprint lanes 1 & 8)

8.40-9.00 am: 11-14 Boys

(Last 5 mins sprint lanes 1 & 8)

The afternoon will follow a similar format:

12.45-1.00pm: 11-14 Boys

(Last 5 minutes sprint lanes 1 & 8)

1.00-1.15pm: 9/10 Girls and Boys

(Last 5 minutes sprint lanes 1 & 8)

1.15-1.30pm: 15+ Girls & Boys

(Last 5 minutes sprint lanes 1 & 8)

1.30-1.45pm: 11-14 Girls

(Last 5 mins sprint lanes 1 & 8)

Withdrawals

Withdrawals must be handed into the timing suite by 8:15am during the morning warmup and by 1:15pm during the afternoon warmup.