





Newcastle Staffs Amateur Swimming Club

Warm Up Schedule

4 x 15 minutes

Odd Lanes Clockwise

Even Lanes Anti-clockwise

Session 1	Warm Up	Time	Who	Ages
	1	8.30-8.45	Female	9 - 12 years
	2	8.45-9.00	Female	13+
	3	9.00-9.15	Male/Open	9 - 12 years
	4	9.15-9.30	Male/Open	13+
Session 2	Warm Up	Time	Who	Ages
	1	13.30-13.45	Male/Open	9 - 12 years
	2	13.45-14.00	Male/Open	13+
	3	14.00-14.15	Female	9 - 12 years
	4	14.15-14.30	Female	13+

Note – Coaches are responsible for supervising their swimmers during the warmup.

Maximum of 12 swimmers per lane at any time

Sprint lanes will be available for the last 5 minutes of each period

Lanes 1, 2, 3 and 6, 7 & 8 will be used for sprints

Lanes 4 & 5 will remain open for continuous swimming