



OXFORDSHIRE & NORTH BUCKINGHAMSHIRE COUNTIES ASA
Affiliated to Swim England South East
County Championship and Age Group Competitions
WARM-UP

DATE: 10th February 2024

LOCATION: Aqua Vale - Aylesbury

GALA NUMBER: Thirteen

WARM-UP STARTS: 8.00 am

- Max 10 swimmers per lane.
- 4 x 15 MINS (Sprint lanes last 5 minutes) See sessions for designated lanes.

SESSIONS:

WARM UP 1	LANE	OPEN/MALE - 10-12 YEAR OLDS – LANE 1 - 3 FEMALE – 10 - 12 YEAR OLDS – LANE 4 - 8
08.00am	1	OPEN/MALE 10 - 12yrs (dive lane last 5mins)
	2	OPEN/MALE 10 - 12yrs (dive lane last 5mins)
	3	OPEN/MALE 10 – 12-year-olds
	4	FEMALE 10 - 12-year-olds
	5	FEMALE 10 - 12-year-olds
	6	FEMALE 10 - 12-year-olds
	7	FEMALE 10 - 12yrs (dive lane last 5mins)
	8	FEMALE 10 - 12yrs (dive lane last 5mins)

WARM UP 2	LANE	OPEN/MALE – 13 – 15 YEAR OLDS & 17 YEARS +
08.15am	1	OPEN/MALE 13 - 15yrs & 17yrs + (dive lane last 5mins)
	2	OPEN/MALE 13 - 15yrs & 17yrs + (dive lane last 5mins)
	3	OPEN/MALE 13 - 15yrs & 17yrs +
	4	OPEN/MALE 13 - 15yrs & 17yrs +
	5	OPEN/MALE 13 - 15yrs & 17yrs +
	6	OPEN/MALE 13 - 15yrs & 17yrs +
	7	OPEN/MALE 13 - 15yrs & 17yrs + (dive lane last 5mins)
	8	OPEN/MALE 13 - 15yrs & 17yrs + (dive lane last 5mins)

WARM UP 3	LANE	OPEN/MALE – 16 YEARS OLDS – LANE 1 FEMALE – 13- & 14-YEAR OLDS - LANE 2 - 8
08.30am	1	OPEN/MALE 16-year-olds (dive lane last 5mins)
	2	FEMALE 13–14-year-olds (dive lane last 5 mins)
	3	FEMALE 13–14-year-olds
	4	FEMALE 13–14-year-olds
	5	FEMALE 13–14-year-olds
	6	FEMALE 13–14-year-olds
	7	FEMALE 13–14-year-olds (dive lane last 5 mins)
	8	FEMALE 13–14-year-olds (dive lane last 5 mins)

WARM UP 4	LANE	FEMALE 15 YEARS & OVER
08.45am	1	FEMALE 15yrs & over (dive lane last 5mins)
	2	FEMALE 15yrs & over (dive lane last 5mins)
	3	FEMALE 15yrs & over
	4	FEMALE 15yrs & over
	5	FEMALE 15yrs & over
	6	FEMALE 15yrs & over
	7	FEMALE 15yrs & over (dive lane last 5mins)
	8	FEMALE 15yrs & over (dive lane last 5mins)