



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

DATE: 11th January 2025
LOCATION: Leys Pool – Oxford
GALA NUMBER: ONE
WARM-UP STARTS: 12.20 pm

1 x 30 minutes

12.20 – 12.50pm

- Max 10 swimmers per lane.
- Lane 8, will become a diving lane for last 10 minutes of each warm up

SESSIONS:

WARM UP 1	LANE	Swimmers:
	1	12 – 14yrs
	2	12 – 14yrs
	3	12 – 14yrs
	4	15yrs +
	5	15yrs +
	6	15yrs +
	7	15yrs +
	8	15yr + (Last 10 mins diving lane)