



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

DATE: Sunday 9th February 2025

LOCATION: Aqua Vale - Aylesbury

GALA NUMBER: Ten

WARM-UP STARTS: 8 – 9am

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

SESSIONS:

WARM UP 1	LANE	FEMALE 10-13 yrs
8 – 8.15am	1	MIX (BK Ledge lane last 5mins)
	2	MIX (dive lane last 5mins)
	3	MIX
	4	MIX
	5	MIX
	6	MIX
	7	MIX (dive lane last 5mins)
	8	MIX (BK Ledge lane last 5mins)

WARM UP 2	LANE	FEMALE 14 – 16 yrs / PARA LANE
8.15 – 8.30am	1	MIX (BK Ledge lane last 5mins)
	2	MIX (dive lane last 5mins)
	3	MIX
	4	MIX
	5	MIX
	6	MIX
	7	MIX (dive lane last 5mins)
	8	PARA LANE (BK Ledge lane last 5mins)

WARM UP 3	LANE	FEMALE 17yrs plus / MALE 15yrs plus
8.30 – 8.45am	1	MIX (BK Ledge lane last 5mins)
	2	MIX (dive lane last 5mins)
	3	MIX
	4	MIX
	5	MIX
	6	MIX
	7	MIX (dive lane last 5mins)
	8	MIX (BK Ledge lane last 5mins)

WARM UP 4	LANE	MALE 10 - 14yrs
8.45 – 9am	1	MIX (BK Ledge lane last 5mins)
	2	MIX (dive lane last 5mins)
	3	MIX
	4	MIX
	5	MIX
	6	MIX
	7	MIX (dive lane last 5mins)
	8	MIX (BK Ledge lane last 5mins)