



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: Eleven

WARM-UP STARTS: 11.45 – 12.45pm

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

SESSIONS:

WARM UP 1	LANE	MALE 10-14 yrs
11.45 – 12pm	1	MIX (dive 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 (dive lane last 5mins)

WARM UP 2	LANE	MALE 15 yrs plus
12 – 12.15pm	1	MIX (dive 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 (dive lane last 5mins)

WARM UP 3	LANE	FEMALE 10 – 14yrs
12.15 – 12.30pm	1	MIX (BK Ledge lane last 5mins)
	2	MIX (BK Ledge lane last 5mins)
	3	MIX
	4	MIX
	5	MIX
	6	MIX
	7	MIX (BK Ledge lane last 5mins)
	8	MIX (BK Ledge lane last 5mins)

WARM UP 4	LANE	FEMALE 15yrs plus
12.30 – 12.45am	1	MIX (BK Ledge lane last 5mins)
	2	MIX (BK Ledge lane last 5mins)
	3	MIX
	4	MIX
	5	MIX
	6	MIX
	7	MIX (BK Ledge lane last 5mins)
	8	MIX (BK Ledge lane last 5mins)