



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

**DATE:** Saturday 14th February 2026

**LOCATION:** Aqua Vale - Aylesbury

**GALA NUMBER:** Twelve

**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	FEMALE 10 -12 & MALE 10-13 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 14 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	<b>PARA LANE</b> (dive lane last 5mins)

WARM UP 3	LANE	FEMALE 13 – 14yrs PLUS BELOW 15YRS
12.15 – 12.30pm	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)

**15YRS FROM: Banbury, AVSC, Kidlington, Thame, Oxford, Bicester, Didcot**

WARM UP 4	LANE	FEMALE 16yrs + PLUS REST OF 15YRS
12.30 – 12.45pm	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)

**15YRS FROM: CMK, Maxwell, Witney**