



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

DATE: Saturday 15th February 2025
LOCATION: Aqua Vale - Aylesbury
GALA NUMBER: Fourteen
WARM-UP STARTS: 11.15– 12.15pm

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

SESSIONS:

WARM UP 1	LANE	FEMALE & MALE 10-12 yrs
11.15 – 11.30am	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 13 yrs plus
11.30 – 11.45am	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 14 – 15yrs
11.45 – 12pm	1	FEMALE (dive lane last 5mins)
	2	FEMALE (dive lane last 5mins)
	3	FEMALE
	4	FEMALE
	5	FEMALE
	6	FEMALE
	7	MALE (dive lane last 5mins)
	8	MALE (dive lane last 5mins)

WARM UP 4	LANE	FEMALE 13yrs / 16yrs +
12 – 12.15pm	1	13yrs (dive lane last 5mins)
	2	13yrs (dive lane last 5mins)
	3	16yrs plus
	4	16yrs plus
	5	16yrs plus
	6	16yrs plus
	7	16yrs plus (dive lane last 5mins)
	8	16yrs plus (dive lane last 5mins)