



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

DATE: Sunday 15th February 2026

LOCATION: Aqua Vale - Aylesbury

GALA NUMBER: Sixteen

WARM-UP STARTS: 11.50 – 12.50pm

- 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 -11yrs / All girls 200m FLY
11.50 – 12.05pm	1	10-11yrs (dive lane last 5mins)
	2	10-11yrs (dive lane last 5mins)
	3	200 fly
	4	200 fly
	5	200 fly
	6	200 fly
	7	200 fly (dive lane last 5mins)
	8	200 fly (dive lane last 5mins)

WARM UP 2	LANE	FEMALE 12 – 14yrs
12.05 – 12.20pm	1	MIX (div 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 15yrs + / Boys 10 – 12yrs
12.20 – 12.35pm	1	Girls 15yrs + (dive lane last 5mins)
	2	Girls 15yrs + (dive lane last 5mins)
	3	Girls 15yrs +
	4	Girls 15yrs +
	5	Girls 15yrs +
	6	Boys 10-12yrs
	7	Boys 10-12yrs (BK ledge lane last 5mins)
	8	Boys 10-12yrs (BK ledge lane last 5mins)

WARM UP 4	LANE	MALE 13yrs plus
12.35 – 12.50pm	1	13-14yrs (BK Ledge lane last 5mins)
	2	13-14yrs (BK Ledge lane last 5mins)
	3	13-14yrs
	4	13-14yrs
	5	15yrs +
	6	15yrs +
	7	15yrs + (BK Ledge lane last 5mins)
	8	15yrs + (BK Ledge lane last 5mins)