



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

DATE: Sunday 16th February 2025

LOCATION: Aqua Vale - Aylesbury

GALA NUMBER: Sixteen

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 10-11yrs / MALE 10-12yrs
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	MALE 13 – 15yrs / FEMALE 12yrs
8.15 – 8.30am	1	Girls (BK Ledge lane last 5mins)
	2	Girls (dive lane last 5mins)
	3	Girls
	4	Boys
	5	Boys
	6	Boys
	7	Boys (dive lane last 5mins)
	8	Boys (BK Ledge lane last 5mins)

WARM UP 3	LANE	FEMALE & MALE 16yrs +
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	FEMALE 13 – 15yrs / PARA LANE
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	PARA LANE (BK Ledge lane last 5mins)