



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: Seventeen

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 – 11yrs / FEMALE 10 -12yrs |
|--------------|------|------------------------------------|
| 11.45 – 12pm | 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 | FEMALE 13 – 14yrs          |
|--------------|------|----------------------------|
| 12 – 12.15pm | 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 +             |
|-----------------|------|----------------------------|
| 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) |

| WARM UP 4       | LANE | MALE 12yrs plus                     |
|-----------------|------|-------------------------------------|
| 12.30 – 12.45pm | 1    | 12-14yrs (BK Ledge lane last 5mins) |
|                 | 2    | 12-14yrs (BK Ledge lane last 5mins) |
|                 | 3    | 12-14yrs                            |
|                 | 4    | 12-14yrs                            |
|                 | 5    | 15yrs +                             |
|                 | 6    | 15yrs +                             |
|                 | 7    | 15yrs + (BK Ledge lane last 5mins)  |
|                 | 8    | 15yrs + (BK Ledge lane last 5mins)  |