



OXFORDSHIRE & NORTH BUCKINGHAMSHIRE COUNTIES ASA

Affiliated to the Amateur Swimming Association

(Swim England South East)

County Championship and Age Group Competitions WARM-UP

DATE: 11th January 2025
LOCATION: Leys Pool - Oxford
GALA NUMBER: Two
WARM-UP: **5 – 5.45pm**

Max 10 swimmers per lane.

3 x 15 mins as 10 mins swim / 5 mins dives.

Dives can be in own lane or can choose to keep swimming in own lane.

SESSIONS:

WARM UP 1	LANE	CLUB : 10-12 YEAR OLDS
5 – 5.15pm	1	Fourshires (1) & Banbury (1)
	2	Kidlington (1) & Bourne End (1)
	3	AVSC (1) & Maxwell (1)
	4	Thame (1) & Wantage (1)
	5	Aylesbury (2)
	6	Bicester (2)
	7	CMK (2)
	8	Oxford (2)

WARM UP 2	LANE	CLUB: 13-14 YEAR OLDS Plus WIT/NP 10-12yrs
5.15 – 5.30pm	1	Witney 10-12yrs (2)
	2	Newport Pagnell 10-12yrs (2)
	3	Fourshires (1)
	4	AVSC (2)
	5	Aylesbury (1)
	6	Banbury (1)
	7	Bicester (2)
	8	Bourne End (1)

WARM UP 3	LANE	CLUB: 13-14 YEAR OLDS
5.30 – 5.45pm	1	CMK (2)
	2	Oxford (1)
	3	Kidlington (1)
	4	Maxwell (2)
	5	Newport Pagnell (2)
	6	Thame (1)
	7	Wantage (1)
	8	Witney (2)