



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

DATE: 18th January 2025
LOCATION: Leys Pool – Oxford

GALA NUMBER: Three
WARM-UP: 12.15 – 12.55pm

2 x 20 minutes

- Max 10 swimmers per lane.
- Lane 8, will become a diving lane for last 5 minutes of each warm up

SESSIONS:

WARM UP 1	LANE	Swimmers: 1 to 68
12.15 – 12.35pm	1	Mix
	2	Mix
	3	Mix
	4	Mix
	5	Mix
	6	Mix
	7	Mix
	8	Mix (Last 5 mins diving lane)

WARM UP 2	LANE	Swimmers: 69 to 135
12.35 - 12.55pm	1	Mix
	2	Mix
	3	Mix
	4	Mix
	5	Mix
	6	Mix
	7	Mix
	8	Mix (Last 5 mins diving lane)