



## OXFORDSHIRE & NORTH BUCKINGHAMSHIRE COUNTIES ASA

Affiliated to the Amateur Swimming Association  
(Swim England South East)

### County Championship and Age Group Competitions WARM-UP

DATE:	24th January 2026
LOCATION:	Aqua Vale - Aylesbury
GALA NUMBER:	<u>Four (400m events)</u>
WARM-UP:	<b>1.30 – 2.30pm</b> 3 x 20 minutes
	<ul style="list-style-type: none"><li>• Max 10 swimmers per lane.</li><li>• 3 x 20 mins as 15 mins swim / 5 mins dives. See sessions for diving lane.</li></ul>

SESSIONS:	WARM UP 1	LANE	FEMALE: SWIMMERS 1 to 70
		1	Mix (Dive Lane last 5 mins)
		2	Mix (Dive Lane last 5 mins)
	<b>1.30 – 1.50pm</b>	3	Mix
		4	Mix
		5	Mix
		6	Mix
		7	Mix (Dive Lane last 5 mins)
		8	<b>PARA LANE ONLY</b>

SESSIONS:	WARM UP 2	LANE	FEMALE: SWIMMERS 71 to 151
		1	Mix (Dive Lane last 5 mins)
		2	Mix (Dive Lane last 5 mins)
	<b>1.50 - 2.10pm</b>	3	Mix
		4	Mix
		5	Mix
		6	Mix
		7	Mix (Dive Lane last 5 mins)
		8	Mix (Dive Lane last 5 mins)

SESSIONS:	WARM UP 3	LANE	OPEN/MALE - ALL AGE GROUPS
		1	12 - 14yrs (Dive Lane last 5mins)
		2	12 - 14yrs
	<b>2.10 – 2.30pm</b>	3	12 - 14yrs
		4	12 - 14yrs
		5	15 Years & Over
		6	15 Years & Over
		7	15 Years & Over
		8	15 Years & Over (Dive Lane last 5 mins)