



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: Four
WARM-UP: 5 - 6 pm

Max 10 swimmers per lane.
4 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	Overflow
	2	Didcot (2)
	3	Kidlington (1)
	4	Maxwell (2)
	5	Newport Pagnell (2)
	6	Thame (1)
	7	Wantage (1)
	8	Witney (2)

WARM UP 2	LANE	CLUB: 10-12 YEAR OLDS
5.15 – 5.30pm	1	Abingdon (2)
	2	Aylesbury (2)
	3	Banbury (2)
	4	Bicester (1)
	5	Bourne End (1)
	6	CMK (2)
	7	Oxford (2)
	8	Overflow

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

WARM UP 4	LANE	CLUB: 13-14 YEAR OLDS
5.45 - 6pm	1	Four shires (1)
	2	Abingdon (2)
	3	Aylesbury (2)
	4	Banbury (1)
	5	Bicester (2)
	6	Bourne End (1)
	7	CMK (2)
	8	Oxford (2)