



OXFORDSHIRE & NORTH BUCKINGHAMSHIRE COUNTIES ASA

Affiliated to the Amateur Swimming Association

(Swim England South East)

County Championship and Age Group Competitions WARM-UP

DATE: 25th January 2025
LOCATION: Aqua Vale - Aylesbury
GALA NUMBER: FIVE
WARM-UP: **8.30 – 9.30am**
3 x 20 minutes

- Max 10 swimmers per lane.
- 3 x 20 mins as 15 mins swim / 5 mins dives. See sessions for diving lanes.

SESSIONS:

WARM UP 1	LANE	FEMALES – ALL
8.30 – 8.50am	1	12 - 14yrs (dive lane last 5mins)
	2	12-14-year-olds
	3	12-14-year-olds
	4	14-year-olds
	5	15 years & over
	6	15 years & over
	7	15 years & over
	8	15 years & over (dive lane last 5mins)

WARM UP 2	LANE	OPEN/MALE – 10-14 year olds
8.50 – 9.10am	1	Mix (dive lane last 5 mins)
	2	Mix (dive lane last 5 mins)
	3	Mix
	4	Mix
	5	Mix
	6	Mix
	7	Mix (dive lane last 5 mins)
	8	Mix (dive lane last 5 mins)

WARM UP 3	LANE	OPEN/MALE – 15 years & over
9.10 – 9.30am	1	Mix (dive lane last 5 mins)
	2	Mix (dive lane last 5 mins)
	3	Mix
	4	Mix
	5	Mix
	6	Mix
	7	Mix (dive lane last 5 mins)
	8	Mix (dive lane last 5 mins)