



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: SIX – MIXED RELAYS

WARM-UP : 5.15 – 5.45pm
2 x 15 minutes

Max 10 swimmers per lane.
2 x 15 mins as 10 mins swim / 5 mins dives as per session.

SESSION:

WARM UP	LANE	U/16 Teams
5.15 – 5.30pm	1	Mix (BK Ledge 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 (BK Ledge lane last 5 mins)

WARM UP	LANE	Open Teams
5.30 – 5.45pm	1	Mix (BK Ledge 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 (BK Ledge lane last 5 mins)