



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 (400m events)
WARM-UP: **1 - 2pm**

3 x 20 minutes

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

SESSIONS:

WARM UP 1	LANE	FEMALE: SWIMMERS 1 to 75
1 – 1.20pm	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 2	LANE	FEMALE: SWIMMERS 76 to 153
1.20 -1.40pm	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 - ALL AGE GROUPS
1.40 – 2pm	1	12 - 14yrs (Dive Lane last 5mins)
	2	12 - 14yrs
	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)