



OXFORDSHIRE & NORTH BUCKINGHAMSHIRE COUNTIES ASA
Affiliated to Swim England South East
County Championship and Age Group Competitions
WARM-UP

DATE: Saturday 7th February 2026
LOCATION: Aqua Vale - Aylesbury
GALA NUMBER: SIX
WARM-UP: 11.45 – 1pm

- Max 10 swimmers per lane.
- 5 x 15 MINS (Sprints last 5 minutes) See sessions for designated lanes.

SESSIONS:

WARM UP 1	LANE	FEMALE 10 -13yrs
11.45 – 12pm	1	MIX (dive lane last 5mins)
	2	MIX (dive lane last 5mins)
	3	MIX
	4	MIX
	5	MIX
	6	MIX
	7	MIX (dive lane last 5mins)
	8	MIX (dive lane last 5mins)

WARM UP 2	LANE	FEMALE 14 – 15yrs
12 – 12.15pm	1	MIX (dive lane last 5mins)
	2	MIX (dive lane last 5mins)
	3	MIX
	4	MIX
	5	MIX
	6	MIX
	7	MIX (dive lane last 5mins)
	8	MIX (dive lane last 5mins)

WARM UP 3	LANE	FEMALE 16 yrs plus PARA Lane
12.15 – 12.30pm	1	Girls 16yrs + (dive lane last 5mins)
	2	Girls 16yrs + (dive lane last 5mins)
	3	Girls 16yrs +
	4	Girls 16yrs +
	5	Girls 16yrs +
	6	Girls 16yrs +
	7	Girls 16yrs + (dive lane last 5mins)
	8	PARA LANE (dive lane last 5mins)

WARM UP 4	LANE	MALE 10 -14yrs
12.30 – 12.45pm	1	10 – 12yrs (dive lane last 5mins)
	2	10 – 12yrs (dive lane last 5mins)
	3	10 – 12yrs
	4	13 – 14yrs
	5	13 – 14yrs
	6	13 – 14yrs
	7	13 – 14yrs (dive lane last 5mins)
	8	13 – 14yrs (dive lane last 5mins)

WARM UP 5	LANE	MALE 15yrs plus
12.45 – 1pm	1	MIX (dive lane last 5mins)
	2	MIX (dive lane last 5mins)
	3	MIX
	4	MIX
	5	MIX
	6	MIX
	7	MIX (dive lane last 5mins)
	8	MIX (dive lane last 5mins)