



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: SEVEN

WARM-UP STARTS: 4.20 – 5.20pm

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

SESSIONS:

WARM UP 1	LANE	FEMALE 10 – 14yrs
4.20 – 4.35pm	1	10 – 11yrs (dive lane last 5mins)
	2	10 – 11yrs (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 15yrs plus
4.35 – 4.50pm	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	MALE 10 – 14yrs
4.50 – 5.05pm	1	10 – 11yrs (BK Ledge lane last 5mins)
	2	10 – 11yrs (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 4	LANE	MALE 15yrs plus
5.05 – 5.20pm	1	MIX (BK Ledge 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)