



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

DATE: Saturday 8th February 2025
LOCATION: Aqua Vale - Aylesbury
GALA NUMBER: Seven
WARM-UP: 8 – 9.15am

- 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 -12yrs
8 – 8.15am	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 13 – 14yrs MALE 13yrs PARA LANE
8.15 – 8.30am	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	PARA LANE (dive lane last 5mins)

WARM UP 3	LANE	FEMALE 15 yrs plus
8.30 – 8.45am	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 4	LANE	MALE 10 -12yrs MALE 14yrs
8.45 - 9am	1	10 – 12yrs (dive lane last 5mins)
	2	10 – 12yrs (dive lane last 5mins)
	3	10 – 12yrs
	4	10 – 12yrs
	5	10 – 12yrs
	6	10 -12 yrs
	7	14yrs (dive lane last 5mins)
	8	14yrs (dive lane last 5mins)

WARM UP 5	LANE	MALE 15yrs plus
9 – 9.15am	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)