



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

DATE: Sunday 8th February 2026

LOCATION: Aqua Vale - Aylesbury

GALA NUMBER: **EIGHT**

WARM-UP STARTS: **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	MALE 10-14 yrs
8 – 8.15am	1	10-12yrs (BK Ledge lane last 5mins)
	2	10-12yrs (dive lane last 5mins)
	3	10-12yrs
	4	10-12yrs
	5	13-14yrs
	6	13-14yrs
	7	13-14yrs (dive lane last 5mins)
	8	13-14yrs (BK Ledge lane last 5mins)

WARM UP 2	LANE	MALE 15yrs +
8.15 – 8.30am	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 (BK Ledge lane last 5mins)

WARM UP 3	LANE	FEMALE 10 – 13yrs
8.30 – 8.45am	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 (BK Ledge lane last 5mins)

WARM UP 4	LANE	FEMALE 14 - 15yrs / PARA lane
8.45 – 9am	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	PARA LANE (BK Ledge lane last 5mins)

WARM UP 5	LANE	FEMALE 16yrs +
9 – 9.15am	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 (BK Ledge lane last 5mins)