



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: Eight

WARM-UP STARTS: 11.45am – 12.45pm

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

SESSIONS:

WARM UP 1	LANE	FEMALE 10-12 yrs / MALE 10 – 11yrs PARA LANE
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	PARA LANE (dive lane last 5mins)

WARM UP 2	LANE	FEMALE 13 – 15 yrs / MALE 13 yrs
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 16yrs plus / MALE 12yrs
12.15 – 12.30pm	1	FEMALE (dive lane last 5mins)
	2	FEMALE (dive lane last 5mins)
	3	FEMALE
	4	FEMALE
	5	FEMALE
	6	FEMALE
	7	MALE (dive lane last 5mins)
	8	MALE (dive lane last 5mins)

WARM UP 4	LANE	MALE 14yrs plus
12.30 – 12.45pm	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)

