



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: NINE
WARM-UP STARTS: **11.50 – 12.50pm**

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

SESSIONS:

WARM UP 1	LANE	MALE 10-14 yrs
	1	10-12yrs (dive lane last 5mins)
	2	10-12yrs (dive lane last 5mins)
11.50 – 12.05pm	3	10-12yrs
	4	10-12yrs
	5	13-14yrs
	6	13-14yrs
	7	13-14yrs (dive lane last 5mins)
	8	13-14yrs (dive lane last 5mins)

WARM UP 2	LANE	MALE 15 yrs plus
	1	MIX (dive lane last 5mins)
	2	MIX (dive lane last 5mins)
12.05 – 12.20pm	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 10 – 13yrs
Lane 8 – specific list of swimmers		
	1	MIX (BK Ledge lane last 5mins)
	2	MIX (BK Ledge lane last 5mins)
12.20 – 12.35pm	3	MIX
	4	MIX
	5	MIX
	6	MIX
	7	MIX (BK Ledge lane last 5mins)
	8	LIST OF BELOW SWIMMERS ONLY (BK Ledge lane last 5mins)

Specific swimmers in W/U 3 (NOT W/U 4):

Ruthie Galloway (Oxford), Megan Johnson (Ayles), Grace Clear (Wit), Ella Green (Wit), Hattie Lever (Wit), Myla Carvell (CMK), Victoria Bumimovich (OUSS), Rose Benson (CMK)

WARM UP 4	LANE	FEMALE 14yrs plus
	1	MIX (BK Ledge lane last 5mins)
	2	MIX (BK Ledge lane last 5mins)
12.35 – 12.50pm	3	MIX
	4	MIX
	5	MIX
	6	MIX
	7	MIX (BK Ledge lane last 5mins)
	8	MIX (BK Ledge lane last 5mins)