



Putteridge SC Winter Short Course Open 2025

Warm-up, Session Start Time & Withdrawal Information

- Strictly no diving during any warm-up sessions, **except** in the designated sprint lanes.
- Odd lanes will swim clockwise (1, 3, 5, 7) even lanes (2, 4, 6, 8) will swim anti-clockwise.
- All swimmers must leave the water by the side of the pool and not over the timing pads.
- Coaches should manage their swimmers during the warm-up and during the use of the second pool.
- Diving should only occur if safe to do so when using the second pool.
- The meet announcer and Warm-up Marshalls will give guidance during warm-up.
- Session 1 and 4 will run as 2x25 minute Single Gender Warm-ups as follows:
 - Session 1 - 08:00-08:25 Open/ Male
 - Session 1 - 08:30-08:50 Female
 - Session 4 - 08:00-08:25 Female
 - Session 4 - 08:30-08:50 Open/ Male
- Session 2, 3, 5 & 6 will run as a mixed 25-minute warm-up.

(Please note, the below event start and finish times, are approximate and may be subject to change)

Session 1		
Warm-up Start time: 08:00am	Racing Start Time: 09:00am	Finish Time: ~11:30am
Event	Approximate Start Time	Approximate Finish Time
Open/ Male 400 Ind. Medley	09:00am	09:19am
Female 100 Butterfly	09:19am	09:36am
Open/ Male 50 Butterfly	09:36am	09:48am
Female 400 Freestyle	09:48am	10:28am
Open/ Male 200 Freestyle	10:28am	11:01am
Female 50 Backstroke	11:01am	11:28am

Session 2		
Warm-up Start time: 12:00pm	Racing Start Time: 12:30pm	Finish Time: ~15:30pm
Female 200 Breaststroke	12:30pm	13:09pm
Open/ Male 200 Butterfly	13:09pm	13:21pm
Female 100 Freestyle	13:21pm	13:55pm
Mixed 800 Freestyle	13:55pm	15:30pm



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Session 3

Warm-up Start time: 16:00pm	Racing Start Time: 16:30pm	Finish Time: ~19:30pm
Female 200 Backstroke	16:30pm	17:10pm
Open/ Male 100 Breaststroke	17:10pm	17:36pm
Female 200 Ind. Medley	17:36pm	18:17pm
Open/ Male 100 Backstroke	18:17pm	18:41pm
Female 50 Freestyle	18:41pm	19:08pm
Open/ Male 50 Breaststroke	19:08pm	19:28pm

Session 4

Warm-up Start time: 08:00am	Racing Start Time: 09:00am	Finish Time: ~11:20am
Event	Approximate Start Time	Approximate Finish Time
Female 400 Ind. Medley	09:00am	09:19am
Open/ Male 100 Butterfly	09:19am	09:31am
Female 50 Butterfly	09:31am	09:49am
Open/ Male 400 Freestyle	09:49am	10:21am
Female 200 Freestyle	10:21am	10:55am
Open/ Male 50 Backstroke	10:55am	11:15am

Session 5

Warm-up Start time: 12:00pm	Racing Start Time: 12:30pm	Finish Time: ~15:30pm
Open/ Male 200 Breaststroke	12:30pm	13:03pm
Female 200 Butterfly	13:03pm	13:19pm
Open/ Male 100 Freestyle	13:19pm	13:48pm
Mixed 1500 Freestyle	13:48pm	14:56pm

Session 6

Warm-up Start time: 15:30pm	Racing Start Time: 16:00pm	Finish Time: ~18:50pm
Open/ Male 200 Backstroke	16:00pm	16:24pm
Female 100 Breaststroke	16:24pm	17:00pm
Open/ Male 200 Ind. Medley	17:00pm	17:37pm
Female 100 Backstroke	17:37pm	18:09pm
Open/ Male 50 Freestyle	18:09pm	18:27pm
Female 50 Breaststroke	18:27pm	18:50pm



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Withdrawals

On the day withdrawals must be made 45 Minutes before the start of the session
Please send in Session 1 withdrawals on Friday 14th of November.

Clubs who submitted an entry file will have be sent a withdrawal link please use this link for withdrawals.

PSC OPEN MEETS 2026

(Provisional Dates)

MARCH LONG COURSE

(14 -15 March) Level 1

JULY SUMMER SHORT COURSE

(4th- 5th July) Level 3

NOVEMBER WINTER SHORT COURSE

(21 -22 Nov) Level 3

Venue: Luton Inspire 50m Competition Pool
Set Up: 25m Short Course or 50m Long Course
March & November include 800 & 1500 free events.

For all the latest costumes and new releases on the market!
Rapid Swim Shop will be set up on the first-floor foyer area at
the top of the stairs on Saturday only.

