



Putteridge SC End of Season Summer Open 2025

Warm-up and Session Start Times

Saturday 5th July

Session 1	Warm-up: 08.00	Start: 09.00
Session 2	Warm-up: 12.15	Start: 12.45
Session 3	Warm-up: 15.45	Start: 16.15

Sunday 6th July

Session 4	Warm-up: 08.00	Start: 09.00
Session 5	Warm-up: 12.30	Start: 13.00
Session 6	Warm-up: 15.45	Start: 16.15

Warm-up Protocol

- 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 Male/ Open
 - Session 1 - 08:30-08:50 Female
 - Session 4 - 08:00-08:25 Female
 - Session 4 - 08:30-08:50 Male/ Open
- Session 2, 3, 5 & 6 will run as a mixed 25-minute warm-up.

Withdrawals

On the day withdrawals must be made 45 Minutes before the start of the session
Please send in Session 1 withdrawals on Friday 4th of July.

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