

JIM12

A.M. Warm-up

9.05 - 9.35



Clubs are responsible for the supervision of their swimmers during the warm-up(s)

Clubs could put weaker 10Yrs swimmers in the 3rd W-up and stronger 9Yrs in the 1st/2nd W-up - if appropriate

Lanes: 1 2/3/4/5/6

9.05-9.14	Fox Hollies	Boldmere	Total	Per Lane
10/11/12Yrs	14	72	86	14

Enter water at Deep end

9.10: Practise starts from DEEP end

Lanes: 1 2 3 4 5 6

9.15-9.24	Blythe	Blythe	Kingsbury	Northgate	Corby	Corby	Total	Per Lane
10/11/12Yrs	15	11	19	17	10	15	87	15

Enter water at Deep end

(Kingsbury/Norgate can put 3/4 swimmers in lanes 2/5 respectively)

9.20: Practise starts from DEEP end

Lanes: 1 2 3 4 5 6

9.25-9.34	Blythe	Northgate	Kingsbury	Corby & FH	Boldmere	Boldmere	Total	Per Lane
8/9Yrs	11	7	11	8	10	11	58	10

Enter water at Shallow end

9.30 Practise starts from SHALLOW end - leaving pool using steps at DEEP END in Lanes 1 & 6 (CARE NEEDED - crossing lanes)

POOL MUST BE CLEARED BY 9.35am (Latest)

The Small Pool will be available for Warming-up until the end of the 100IM events (10.45 approx) - Clubs supervise own swimmers.