NOTTINGHAMSHIRE ASA
SUMMER GALA 2024

WARM UP SCHEDULE

SATURDAY SESSION 1

	Warm Up	Age Range	Gender
1	13:30 - 13:42	All	Open/Male
2	13:43 - 13:55	All	Female

SATURDAY SESSION 2

	Warm Up	Age Range	Gender
1	16:00 - 16:12	All	Female
2	16:13 - 16:25	All	Open/Male

- Odd lanes are to start from the scoreboard and swim Clockwise.
- Even lanes are to start from the boom and swim Anti-Clockwise.

DO NOT stand on the timing boads to enter the pool.

When exiting the pool, this must be done from the sides of the pool and NOT over the timing boards.

Swimmers are to leave the warm up session promptly to make way for the next session to start.

Swimmers should be ready to start their warm up promptly at the start of the allocated session.

Due to the High Numbers of swimmers involved in the warm up, there will be a NO diving policy during the warm up sessions.

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WARM UP SCHEDULE

SUNDAY SESSION 3

	Warm Up	Age Range	Gender
1	08:00 - 08:27	All	Open/Male
2	08:28 - 08:55	All	Female

SUNDAY SESSION 4

	Warm Up	Age Range	Gender
1	13:30 - 13:57	All	Female
2	13:58 - 14:25	All	Open/Male

- Odd lanes are to start from the scoreboard and swim Clockwise.
- Even lanes are to start from the boom and swim Anti-Clockwise.

DO NOT stand on the timing boads to enter the pool.

When exiting the pool, this must be done from the sides of the pool and NOT over the timing boards.

Swimmers are to leave the warm up session promptly to make way for the next session to start.

Swimmers should be ready to start their warm up promptly at the start of the allocated session.

Due to the High Numbers of swimmers involved in the warm up, there will be a NO diving policy during the warm up sessions.