Saturday 21st Nov

Session 1 - Warm up - **07:45 - 08:45am**

Window End Pool:

07:45 - 08:05am - Female Aged 9,10,11,12 25

08:05 - 08:25am - Female Aged 13 / Male/Open Aged 9,10,11 40

08:25 - 08:45am - Male/Open Aged 12,13,14 36

Scoreboard End:

07:45 - 08:15am - Female Aged 14+ 65

08:15 - 08:45am - Male/Open Aged 15+ 40

Sprint lanes to open in lanes 1,2,3,6,7,8 with 5 mins remaining of each warmup

Session 2 - Warm up - **11:50am - 12:30pm**

Window End Pool:

11:50 - 12:05pm - Male/Open Aged 9,10,11,12,13,14 53

12:05 - 12:15pm - Female Aged 9,10,11,12 57

12:15 - 12;30pm - Female Aged 13/14 72

Scoreboard End:

11:50 - 12:10pm - Male/Open Aged 15+ 55

12:10 - 12:30pm - Female Aged 15+ 85

Sprint lanes to open in lanes 1,2,3,6,7,8 with 5 mins remaining of each warmup

Session 3 - Warm up - **15:00 - 15:40pm**

Window End Pool:

15:00 - 15:15pm - Male/Open Aged 9,10,11,12,13,14 51

15:15 - 15:25pm - Female Aged 9,10,11,12 40

15:25 - 15:40pm - Female Aged 13/14 63

Scoreboard End:

15:00 - 15:20pm - Male/Open Aged 15+ 56

15:20 - 15:40pm - Female Aged 15+ 70

Sprint lanes to open in lanes 1,2,3,6,7,8 with 5 mins remaining of each warmup

Sunday 22nd Nov

Session 4 - Warm up - **07:45 - 08:45am**

Window End Pool:

07:45 - 08:05am - Male/Open Aged 9,10,11,12,13 40

08:05 - 08:25am - Male/Open Aged 14 / Female Aged 10,11 30

08:25 - 08:45am - Female Aged 12,13 51

Scoreboard End:

07:45 - 08:15am - Male/Open 15+ 52

08:15 - 08:45am - Female Aged 14+ 92

Sprint lanes to open in lanes 1,2,3,6,7,8 with 5 mins remaining of each warmup

Session 5 - Warm up - **12:10 - 12:50pm**

Window End Pool:

12:10 - 12:20pm - Female Aged 9,10,11,12 40

12:20 - 12:35pm - Female Aged 13 / Male/Open Aged 9,10,11 47

12:35 - 12:50pm - Male/open Aged 12,13,14 62

Scoreboard End:

12:10 - 12:30pm - Female Aged 14+ 92

12:30 - 12:50pm - Male/open Aged 15+ 78

Sprint lanes to open in lanes 1,2,3,6,7,8 with 5 mins remaining of each warmup

Session 6 - Warm up - **15:30 - 16:10pm**

Window End Pool:

15:30 - 15:40pm - Female Aged 9,10,11,12 33

15:40 - 15:55pm - Female Aged 13/14 50

15:55 - 16:10pm - Male/Open Aged 9,10,11,12,13,14 62

Scoreboard End:

15:30 - 15:50pm - Female Aged 15+ 61

15:50 - 16:10pm - Male/open Aged 15+ 68

Sprint lanes to open in lanes 1,2,3,6,7,8 with 5 mins remaining of each warmup