

City of Coventry Swimming - 13/over Sprints

Saturday 19th September

Session 1 - Warm up

08:00 - 08:20: Open/Male Aged 13-15 / Female Aged 13-14

08:20 - 08:40: Open/Male Aged 16+ / Female Aged 15+

Sprint lanes will open with 5 mins remaining of each warmup. Starts in lanes
1,2,3,6,7,8 - Continuous swimming lanes 4,5

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Session 1 - Warm up

Window End Pool:

13:00 - 13:20 Female Aged 9/10

13:20 - 13:40 Open/Male 9/10

Scoreboard End:

13:00 - 13:20 Female Aged 11+

13:20 - 13:40 Open/Male Aged 11+

Sprint lanes will open with 5 mins remaining of each warmup. Starts in lanes
1,2,3,6,7,8 - Continuous swimming lanes 4,5