



Wolverhampton SC

Winter Open Meet 2025

Warm Up Schedule

4 x 14 MINUTES

SPRINT LANES INCLUDED

Odd lanes Clockwise

Even lanes Anti-clockwise

	<u>WARM UP</u>	<u>TIME</u>	<u>GENDER</u>	<u>AGES</u>
SESSION 1 Saturday AM	1	8:30 - 8:44	MALE/OPEN	9 - 12
	2	8:44 - 8:58	MALE/OPEN	13 +
	3	8:58 - 9:12	FEMALE	9 - 12
	4	9:12 - 9:26	FEMALE	13 +

SESSION 2 Saturday PM	1	1:00 - 1:14	FEMALE	9 - 12
	2	1:14 - 1:28	FEMALE	13 +
	3	1:28 - 1:42	MALE/OPEN	9 - 12
	4	1:42 - 1:56	MALE/OPEN	13 +

SESSION 3 Sunday AM	1	8:30 - 8:44	FEMALE	9 - 12
	2	8:44 - 8:58	FEMALE	13 +
	3	8:58 - 9:12	MALE/OPEN	9 - 12
	4	9:12 - 9:26	MALE/OPEN	13 +

SESSION 4 Sunday PM	1	1:00 - 1:14	MALE/OPEN	9 - 12
	2	1:14 - 1:28	MALE/OPEN	13 +
	3	1:28 - 1:42	FEMALE	9 - 12
	4	1:42 - 1:56	FEMALE	13 +

NOTES: Coaches are responsible for supervising their swimmers during the warm-up.

Maximum of 12 swimmers per lane at any time.

Sprint lanes will be available for the last 5 minutes of each period

- Lanes 1,2,3 - 6,7,8 will be used for sprints
- Lanes 4 and 5 will remain open for continuous swimming.