

Thurrock Regional Qualifier

18th & 19th April 2015

Warm up times

Session 1 Girls warm up 08:00 - 08:30
(9-11 year 08:00-08:15, 12year+ 08:15-08:30)
Boys warm up 08:30 – 09:00
(9-11 year 08:30-08:45, 12year+ 08:45-09:00)
Start time 09:10 (estimated finish time 12:20)
Signing in will close at 08:20 located in front of the changing room

Session 2 Girls warm up 13:15-13:45
(9-11 year 13:15-13:1, 12year+ 13:15-13:30)
Boys warm up 13:30 – 14:00
(9-11 year 13:30-13:45, 12year+ 13:45-14:00)
Start time 14:05 (estimated finish time 17:30)
Signing in will close at 13:35 located in front of the changing room

Session 3 Boys warm up 08:00 - 08:30
(9-11 year 08:00-08:15, 12year+ 08:15-08:30)
Girls warm up 08:30 – 09:00
(9-11 year 08:30-08:45, 12year+ 08:45-09:00)
Start time 09:10 (estimated finish time 12:20)
Signing in will close at 08:20 located in front of the changing room

Session 4 Boys warm up 13:15-13:45
(9-11 year 13:15-13:1, 12year+ 13:15-13:30)
Girls warm up 13:30 – 14:00
(9-11 year 13:30-13:45, 12year+ 13:45-14:00)
Start time 14:05 (estimated finish time 17:30)
Signing in will close at 13:35 located in front of the changing room

Warm up

Lane 1,3,5 clockwise, lanes 2,4,6 anti-clockwise. Coaches are asked to supervise their swimmers during the warm-up. One length sprints will be given 5 minutes before the end of each warm-up.

Swimmers must report to the marshalling area before their race.

THE BALCONY MUST BE CLEARED BEFORE THE COMMENCEMENT OF THE AFTERNOON SESSION – WE WILL INFORM YOU OF THE TIME