

# Burnley Bobcats Return to Racing 2021

## Warm Up Schedule

Sat 16<sup>th</sup> Oct - Session 1 – All Boys – Use Lanes 1 and 2 – warm up from 7.45 am to 8.15 am

Sat 16<sup>th</sup> Oct - Session 1 – All Girls – Use Lanes 3 to 8 – warm up from 7.45 am to 8.15 am

Sat 16<sup>th</sup> Oct - Session 2 – Girls - Club names between A – N – warm up from 9.15 am to 9.30 am

Sat 16<sup>th</sup> Oct - Session 2 - Girls – Club names between O – W – warm up from 9.30 am to 9.45 am

Sat 16<sup>th</sup> Oct - Session 2 – Boys - Club names between A – N – warm up from 9.45 am to 10.00 am

Sat 16<sup>th</sup> Oct - Session 2 - Boys – Club names between O – W – warm up from 10.00 am to 10.15 am

Sat 16<sup>th</sup> Oct - Session 3 – Girls - Club names between A – N – warm up from 1.30 pm to 1.45 pm

Sat 16<sup>th</sup> Oct - Session 3 - Girls – Club names between O – W – warm up from 1.45 pm to 2.00 pm

Sat 16<sup>th</sup> Oct - Session 3 – Boys - Club names between A – N – warm up from 2.00 pm to 2.15 pm

Sat 16<sup>th</sup> Oct - Session 3 - Boys – Club names between O – W – warm up from 2.15 pm to 2.30 pm

Sun 17<sup>th</sup> Oct - Session 4 – All Boys – Use Lanes 1 and 4 – warm up from 7.45 am to 8.15 am

Sun 17<sup>th</sup> Oct - Session 4 – All Girls – Use Lanes 5 to 8 – warm up from 7.45 am to 8.15 am

Sun 17<sup>th</sup> Oct - Session 5 - Boys - Club names between A – N – warm up from 9.15 am to 9.30 am

Sun 17<sup>th</sup> Oct - Session 5 - Boys - Club names between O – W – warm up from 9.30 am to 9.45 am

Sun 17<sup>th</sup> Oct - Session 5 - Girls - Club names between A – N – warm up from 9.45 am to 10.00 am

Sun 17<sup>th</sup> Oct - Session 5 - Girls - Club names between O – W – warm up from 10.00 am to 10.15 am

Sun 17<sup>th</sup> Oct - Session 6 - Boys - Club names between A – N – warm up from 1.30 pm to 1.45 pm

Sun 17<sup>th</sup> Oct - Session 6 - Boys - Club names between O – W – warm up from 1.45 pm to 2.00 pm

Sun 17<sup>th</sup> Oct - Session 6 - Girls - Club names between A – N – warm up from 2.00 pm to 2.15 pm

Sun 17<sup>th</sup> Oct - Session 6 - Girls - Club names between O – W – warm up from 2.15 pm to 2.30 pm

**For Sessions except Sessions 1 and 4 the Lanes 1 – 4 are to be available only to swimmers 12 years and under**

At some stage in each warm up sprint lanes will be made available

Coaches – Please supervise your swimmers during the warm ups

**Warm-ups will be extremely busy before Sessions 2, 3, 5, and 6 so an area in the sports hall will be made available for personal warm up and you should bring your own suitable equipment e.g skipping ropes**

17/09/21