

## 2019 London Swimming Summer Championships - Warm Up Schedule

### London Aquatics Centre

Sessions 4, 10 & 13		Lane 0	Lane 1	Lane 2	Lanes 3-7	Lane 8	Lane 9
Male	0:00 - 0:15 mins	All Lanes Continuous Swim					
	0:15 - 0:25 mins	Sprint Lane	Sprint Lane	One Way Only	Continuous Swim Lanes 3-7	Sprint Lane	Sprint Lane
Female	0:25 - 0:40 mins	All Lanes Continuous Swim					
	0:40 - 0:50 mins	Sprint Lane	Sprint Lane	One Way Only	Continuous Swim Lanes 3-7	Sprint Lane	Sprint Lane

Sessions 1, 2, 3, 5, 6, 7, 8, 9, 11 & 12		Lane 0	Lane 1	Lane 2	Lanes 3-7	Lane 8	Lane 9
Female	0:00 - 0:15 mins	All Lanes Continuous Swim					
	0:15 - 0:25 mins	Sprint Lane	Sprint Lane	One Way Only	Continuous Swim Lanes 3-7	Sprint Lane	Sprint Lane
Male	0:25 - 0:40 mins	All Lanes Continuous Swim					
	0:40 - 0:50 mins	Sprint Lane	Sprint Lane	One Way Only	Continuous Swim Lanes 3-7	Sprint Lane	Sprint Lane

### Crystal Palace National Sports Centre

Sessions 16 & 17		Lane 1	Lane 2	Lanes 3-6	Lane 7	Lane 8
Male	0:00 - 0:15 mins	All Lanes Continuous Swim				
	0:15 - 0:25 mins	Sprint Lane	Sprint Lane	Continuous Swim Lanes 3-6	Sprint Lane	Sprint Lane
Female	0:25 - 0:40 mins	All Lanes Continuous Swim				
	0:40 - 0:50 mins	Sprint Lane	Sprint Lane	Continuous Swim Lanes 3-6	Sprint Lane	Sprint Lane

Sessions 14 & 15		Lane 1	Lane 2	Lanes 3-6	Lane 7	Lane 8
Female	0:00 - 0:15 mins	All Lanes Continuous Swim				
	0:15 - 0:25 mins	Sprint Lane	Sprint Lane	Continuous Swim Lanes 3-6	Sprint Lane	Sprint Lane
Male	0:25 - 0:40 mins	All Lanes Continuous Swim				
	0:40 - 0:50 mins	Sprint Lane	Sprint Lane	One Way Only	Sprint Lane	Sprint Lane

*"Sprint Lane" = 15m Starts from Window End, 25m Starts from Scoreboard End (No 25m Starts from Window End!)*

*"One Way Only" = Dive or Push Starts from Scoreboard End Only (E.g. Pace 50's)*

*If Backstroke Event in Session, Ledges to be in Lane 0 and 1 at Scoreboard End*