

WARM UP ARRANGEMENTS

Sunday 3rd June 2018

Session One – warm up 1.00 pm

Start 2.00pm

All individual events are pre-seeded.

Relay teams are also pre-seeded but subject to additional teams from “On the day” entries

Please study the poolside notices on the day.

Lane 1	Women 60+ Men 65+
Lane 2	General Swimming
Lane 3	General Swimming
Lane 4	General Swimming
Lane 5	General Swimming
Lane 6	General Swimming
Lane 7	One-way dive starts*
Lane 8	One-way dive starts*

*(when announced)

Please listen carefully for special announcements and comply with instructions given by warm up marshals, lifeguards and members of pool staff. Please report any safety hazard IMMEDIATELY to a poolside official or member of staff.

Thank you.