

Swim Wales Masters LC 2022 - Warm-up Arrangements

Please note that there should be a **MAXIMUM** of 20 swimmers in a lane at any time.

Saturday 5th March

Session 1

	1	2	3	4	5	6	7	8
8.00 – 8.25	Dive/Sprint Lane	Men (Slow)	Men (Slow)	Men (Medium)	Men (Medium)	Men (Fast)	Men (Fast)	Dive/Sprint Lane
8.25 – 8.50	Dive/Sprint Lane	Women (Slow)	Women (Slow)	Women (Medium)	Women (Medium)	Women (Fast)	Women (Fast)	Dive/Sprint Lane
Session Starts: 9.00am								

Session 2

	1	2	3	4	5	6	7	8
12.00 – 12.25	Dive/Sprint Lane	Men (Slow)	Men (Slow)	Men (Medium)	Men (Medium)	Men (Fast)	Men (Fast)	Dive/Sprint Lane
12.25 – 12.50	Dive/Sprint Lane	Women (Slow)	Women (Slow)	Women (Medium)	Women (Medium)	Women (Fast)	Women (Fast)	Dive/Sprint Lane
Session Starts: 1.00pm								

Session 3

	1	2	3	4	5	6	7	8
3.00 – 3.25	Dive/Sprint Lane	Men (Slow)	Men (Slow)	Men (Medium)	Men (Medium)	Men (Fast)	Men (Fast)	Dive/Sprint Lane
3.25 – 3.50	Dive/Sprint Lane	Women (Slow)	Women (Slow)	Women (Medium)	Women (Medium)	Women (Fast)	Women (Fast)	Dive/Sprint Lane
Session Starts: 4.00pm								

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Sunday 6th March

Session 4

	1	2	3	4	5	6	7	8
8.00 – 8.25	Dive/Sprint Lane	Men (Slow)	Men (Slow)	Men (Medium)	Men (Medium)	Men (Fast)	Men (Fast)	Dive/Sprint Lane
8.25 – 8.50	Dive/Sprint Lane	Women (Slow)	Women (Slow)	Women (Medium)	Women (Medium)	Women (Fast)	Women (Fast)	Dive/Sprint Lane
Session Starts: 9.00am								

Session 5

	1	2	3	4	5	6	7	8
11.30 – 11.55	Dive/Sprint Lane	Men (Slow)	Men (Slow)	Men (Medium)	Men (Medium)	Men (Fast)	Men (Fast)	Dive/Sprint Lane
11.55 – 12.20	Dive/Sprint Lane	Women (Slow)	Women (Slow)	Women (Medium)	Women (Medium)	Women (Fast)	Women (Fast)	Dive/Sprint Lane
Session Starts: 12.30pm								

Session 6

	1	2	3	4	5	6	7	8
2.15 – 2.45	Dive/Sprint Lane	Men (Slow)	Men (Medium)	Men (Fast)	Women (Fast)	Women (Medium)	Women (Slow)	Dive/Sprint Lane
Session starts: 2.55pm								