



## Derventio eXcel Swim Squad

### Open Meet 2010

#### WARM UP

**Lanes 1 3 5 7 9 Clockwise**  
**Lanes 2 4 6 8 10 Anti Clockwise**

**Coaches / Team Managers to be responsible for their swimmers during warm up**

**The Diving Pit is available for warm up and swim down while races are in progress, but must not be used during normal warm up or during the breaks**

**Session 1** 7.45am to 8.50am  
Males 7.45 to 8.15  
Females 8.20 to 8.50

**Session 2** 12.45 to 13.50  
Males 12.45 to 13.45  
Females 13.20 to 13.50

**Session 3** 7.45am to 8.50am  
Females 7.45 to 8.15  
Males 8.20 to 8.50

**Session 4** 12.45 to 13.50  
Females 12.45 to 13.45  
Males 13.20 to 13.50

General Warm Up in all lanes  
No Diving, getting in at Diving Pit end  
Last 10 mins of each session

Sprint Lanes 1 & 2 Backstroke starts – **From Scoreboard End**  
Sprint Lanes 9 & 10 - **Starting from Scoreboard End**