

IMPORTANT

LANES 1, 3 & 5 CLOCKWISE – 2, 4 & 6 ANTI CLOCKWISE

PLEASE NOTE THAT ALL WARM UPS WILL BE VERY BUSY

AND STRICTLY LIMITED ON TIME, SO PLEASE LISTEN FOR

ANNOUNCEMENTS AND FOLLOW SAFE ENTRY AND EXIT AT ALL TIMES

NO DIVING EXCEPT IN ONE WAY SPRINT LANES.

SESSION 1 – 800m SWIMMERS ONLY – 25 MINUTES

ONE WAY SPRINT LANES FOR LAST 10 MINUTES

LANES 1 – 3 FEMALE – LANES 4 - 6 OPEN/MALE

SESSION 2 – 3 X 15 MINUTES

ONE WAY SPRINT LANES WILL OPEN FOR THE

LAST 5 MINUTES OF EACH ALLOCATION

1ST 15 MINUTES – 50 & OVER – LANES 1 & 2 FEMALE, 3, 4 ,5 & 6 OPEN/MALE

2ND 15 MINUTES – 35 – 49 – LANES 1, 2 & 3 FEMALE – 4, 5 & 6 OPEN/MALE

3RD 15 MINUTES – 18 – 34 - LANES 1, 2 & 3 FEMALE – 4, 5 & 6 OPEN/MALE

SESSIONS 3 & 4 – 2 X 15 MINUTES

ONE WAY SPRINT LANES WILL OPEN FOR THE

LAST 5 MINUTES OF EACH ALLOCATION

1ST 15 MINUTES – 45 & OVER – LANES 1 & 2 FEMALE, 3, 4 ,5 & 6 OPEN/MALE

2ND 15 MINUTES – 18 – 44 – LANES 1, 2 & 3 FEMALE – 4, 5 & 6 OPEN/MALE
