**Warm-up times RCT New Year Open Meet 2019**

**Saturday 5th January**

**Tea/Coffee available for coaching staff first thing in the morning**

**IN ALL WARM UPS LANES 0-3 AND 6-9 WILL BECOME SPRINT LANES FOR THE LAST 5 MINUTES**

**SWIMMERS MUST SPRINT TO AT LEAST HALF WAY**

**SWIMMERS WHO WISH TO CARRY ON SWIMMING MAY DO SO IN LANES 4 AND 5**

**Session 1**

8.15- 8.30 Girls

8.30-8.45 Boys

Start 8:50am Estimated finish 10.40

**Tea/coffee biscuits**

**Session 2**

10.50-11.05 Boys

11.05-11.20 Girls 9-12 years

11.20-11.35 Girls 13 years and over

Start 11.40 Estimated finish 2.30

**Lunch**

**Session 3**

3:00-3:15 Boys

3:15-3:30 Girls 9-12 years

3:30-3:45 Girls 13 years and over

Start 3.50 Estimated finish 5.45

**Sunday 6th January**

**Tea Coffee available for coaching staff first thing in the morning**

**IN ALL WARM UPS LANES 0-3 AND 6-9 WILL BECOME SPRINT LANES FOR THE LAST 5 MINUTES**

**SWIMMERS MUST SPRINT TO AT LEAST HALF WAY**

**SWIMMERS WHO WISH TO CARRY ON SWIMMING MAY DO SO IN LANES 4 AND 5**

**Session 4**

8.15- 8.30 Boys

8.30-8.45 Girls

Start 8.50am Estimated finish 10:20

**Tea /coffee biscuits**

**Session 5**

10.35-10:50 Girls 9-12 years

10.50-11.05 Girls 13 and over

11.05-11.20 Boys

Start 11.20 Estimated finish 2.15

**Lunch**

**Session 6**

2:45-3.00 Girls 9-12 years

3:00-3:15 Girls 13 and over

3.15-3.30 Boys

Start 3.35 Estimated finish 5.20pm