

NORTH LANCs LEVEL 2 WARM UP WEEKEND 2

Session 5

8:15 – 9:15	Lanes 1 & 2 Girls 800m Freestyle swimmers
8:15 – 8:35	Lanes 3 – 8 Girls 9 – 13 yrs
8:35 – 9:30	Lanes 3 & 4 Boys 1500m Freestyle swimmers
8:35 – 8:55	Lanes 5 – 8 Girls 14/over
8:55 – 9:15	Lanes 5 – 8 Boys 13/over
9:15 – 9:30	Lanes 1 & 2 and 5- 8 Boys 9 – 12 yrs

**** NB Coaches – use common sense – if lanes are free use as necessary**

Session 6

1:00 – 1:18	9/12 Girls
1:18 – 1:36	13/over Girls
1:36 – 1:54	9/12 Boys
1:54 – 2:12	13/over Boys

Session 7

8:15 – 8:33	9/12 Boys
8:33 – 8:51	13/over Boys
8:51 – 9:09	9/12 Girls
9:09 – 9:27	13/over Girls