



Swindon Dolphin
End of Season Open Meet



2019

Session 1 - Saturday 16th November 2019

Warm up: 12:45 - 13:30

Girls LTS, Blue,	12:45 - 12:55	Lanes 1-6 General Swimming
Green, Para &	12:55 - 13:00	Lanes 1-3 General Swimming
Red	12:55 - 13:00	Lanes 4-6 Deep to Shallow Sprint lanes

Mixed Bronze,	13:00 - 13:10	Lanes 1-6 General Swimming
Silver, Platinum,	13:10 - 13:15	Lanes 1-3 General Swimming
Gold, Masters	13:10 - 13:15	Lanes 4-6 Deep to Shallow Sprint lanes

Boys LTS, Blue,	13:15 - 13:25	Lanes 1-6 General Swimming
Green, Para &	13:25 - 13:30	Lanes 1-3 General Swimming
Red	13:25 - 13:30	Lanes 4-6 Deep to Shallow Sprint lanes

Session 2 - Saturday 16th November 2019

Warm up: 16:30 - 17:15

Girls LTS, Blue,	16:30 - 16:40	Lanes 1-6 General Swimming
Green, Para, &	16:40 - 16:45	Lanes 1-3 General Swimming
Red	16:40 - 16:45	Lanes 4-6 Deep to Shallow Sprint lanes

Mixed Bronze,	16:45 - 16:55	Lanes 1-6 General Swimming
Silver, Platinum,	16:55 - 17:00	Lanes 1-3 General Swimming
Gold, Masters	16:55 - 17:00	Lanes 4-6 Deep to Shallow Sprint lanes

Boys LTS, Blue,	17:00 - 17:10	Lanes 1-6 General Swimming
Green, Para &	17:10 - 17:15	Lanes 1-3 General Swimming
Red	17:10 - 17:15	Lanes 4-6 Deep to Shallow Sprint lanes

Coaches are asked to adhere to the above schedule. Coaches are asked to encourage their swimmers to be sensible when joining warm up lanes and try and warm up in even numbers

All swimmers must enter the water from the shallow end when commencing their warm up. Swimmers must not block lanes to practice finishes or turns. All sprint lanes will start at the deep end & swimmers are asked to swim the entire 25m length.



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Session 3 - Sunday 17th Nov 2019

Warm up: 10:30 - 11:00

Girls All ages	10:30 - 10:40	Lanes 1-6 General Swimming
	10:40 - 10:45	Lanes 1-3 General Swimming
	10:40 - 10:45	Lanes 4-6 Deep to Shallow Sprint lanes

Boys All ages	10:45 - 10:55	Lanes 1-6 General Swimming
	10:55 - 11:00	Lanes 1-3 General Swimming
	10:55 - 11:00	Lanes 4-6 Deep to Shallow Sprint lanes

Session 4 - Sunday 17th Nov 2019

Warm up: 13:30 - 14:00

Girls All ages	13:30 - 13:40	Lanes 1-6 General Swimming
	13:40 - 13:45	Lanes 1-3 General Swimming
	13:40 - 13:45	Lanes 4-6 Deep to Shallow Sprint lanes

Boys All ages	13:45 - 13:55	Lanes 1-6 General Swimming
	13:55 - 14:00	Lanes 1-3 General Swimming
	13:55 - 14:00	Lanes 4-6 Deep to Shallow Sprint lanes

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All swimmers must enter the water from the shallow end when commencing their warm up. Swimmers must not block lanes to practice finishes or turns. All sprint lanes will start at the deep end & swimmers are asked to swim the entrie 25m length.