



Team Luton Swimming Club

Summer Long Course Meet 2023

Warm-Up Information

Sessions 1, 3, 4 and 6

3 x 15-minute Warm-ups

Session 1 & 4	Mixed	Session 3 & 6	Mixed
08.40 - 08.55	13 years and under	16.40 – 16.55	13 years and under
08.55 - 09.10	14-15 years	16.55 – 17.10	14-15 years
09.10 – 09.25	16+ years	17.10 – 17.25	16+ years

Sessions 2 & 5

2 x 20-minute Warm-ups

Session 2		Session 5	Mixed
12.55 – 13.15	Boys Only	12.55 – 13.15	Girls Only
13.15 - 13.40	Girls Only	13.15 - 13.40	Boys Only

- Strictly No Diving during any warm-up sessions, except in the designated sprint lanes that will be open 5 minutes before the end of each separate warm-up (Lanes 1, 2, 7, 8 to be used for sprints)
- Odd lanes will swim clockwise (1, 3, 5, 7) even lanes (2, 4, 6, 8) will swim anti-clockwise.
- All swimmers must leave the water by the side of the pool and not over the timing pads.
- Coaches should manage the lanes their swimmers are using during the warm-up.
- The meet announcer will be responsible for giving instruction and managing the warm-up.