

Team Luton Swimming Club 2023 Autumn Short Course

WARM UP

Session 1	Open/Male	8.10am to 8.30am
	Female	8.30am to 8.50am
Session 2	Female	12.25pm to 12.45pm
	Open/Male	12.45pm to 1.05pm
Session 3	Female	4.10pm to 4.30pm
	Open/Male	4.30pm to 4.50pm
Session 4	Female	8.10am to 8.30am
	Open/Male	8.30am to 8.50am
Session 5	Open/Male	12.25pm to 12.45pm
	Female	12.45pm to 1.05pm
Session 6	Open/ Male	4.10pm to 4.30pm
	Female	4.30pm to 4.50pm

15 minutes swimming - 5 minutes starts/turns.

**Lanes 6, 7, 8 in the Warm Down pool will be continuous swim lanes during sprints
Clubs in these lanes will have access to any lanes for sprints.**

- Coaches to supervise warm up for their swimmers
- Individual swimmers to self-organise their warm up
- Swim Down will be open throughout all Sessions and for those swimmers swimming the 1500m and 800m Freestyle events