



## **Team Luton Swimming Club Winter Development Meet**

### **WARM UP**

<b>Session 1</b>	Open/Male	8.30am to 8.50am
	Female	8.50am to 9.10am
<b>Session 2</b>	Open/Male	12.15pm to 12.35pm
	Female	12.35pm to 12.55pm
<b>Session 3</b>	Open/Male	4.15pm to 4.35pm
	Female	4.35pm to 4.55pm

**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