

Team Luton Swimming Club 2024 Autumn Short Course

WARM UP

Session 1	Open/Male	8.15am to 8.35am
	Female	8.35am to 8.55am
Session 2	Female	12.30pm to 12.50pm
	Open/Male	12.50pm to 1.10pm
Session 3	Female	4.15pm to 4.35pm
	Open/Male	4.35pm to 4.55pm
Session 4	Female	8.15am to 8.35am
	Open/Male	8.35am to 8.55am
Session 5	Open/Male	12.30pm to 12.50pm
	Female	12.50pm to 1.10pm
Session 6	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 and for those swimmers swimming the 1500m and 800m Freestyle events