



Team Luton Swimming Club Winter Development Meet 2024

WARM UP

Session 1	Open/Male	8.15am to 8.35am
	Female	8.35am to 8.55am
Session 2	Open/Male	11.45pm to 12.05pm
	Female	12.05pm to 12.25pm
Session 3	Open/Male	3.30pm to 3.50pm
	Female	3.50pm to 4.10pm

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