



# Team Luton Swimming Club

## March Long Course Meet 2026

### Warm-Up Information

#### Sessions 1, 3, 4 and 6

#### 3 x 15-minute Warm-ups

Session 1 & 4	Mixed	Session 3 & 6	Mixed
08.10 - 08.25	13 years and under	16.25 – 16.40	13 years and under
08.25 – 08.40	14-15 years	16.40 – 16.55	14-15 years
08.40 – 08.55	16+ years	16.55 – 17.10	16+ years

#### Sessions 2 & 5

#### 2 x 20-minute Warm-ups

Session 2		Session 5	
12.45 - 13.05	Boys Only	12.30 – 12.50	Girls Only
13.05 – 13.25	Girls Only	12.50 – 13.10	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.