



## Warm up Groups

**Saturday 18<sup>th</sup> November 2023**

### Session 101

Start 8.40am

All Competitors in the Mixed 1500m event only.

Total Duration 15 mins with lane 1 being available for Dive Starts at 8.50am.

### Session 201

Start 9.40am

First 15 mins, ALL FEMALE competitors along with Male/Open competitors for the 400IM event. Lanes 1,2,7 and 8 will become available for Dive Starts at 9.50am.

Second 15 mins, ALL MALE/OPEN competitors. Lanes 1,2,7 and 8 will become available for Dive Starts at 10.05am.

Total Duration 30 mins.

### Session 301

Start 1.20pm.

First 15 mins, ALL MALE/OPEN competitors. Lanes 1,2,7 and 8 will become available for Dive Starts at 1.30pm.

Second 15 mins, ALL FEMALE competitors. Lanes 1,2,7 and 8 will become available for Dive Starts at 1.45pm.

Total Duration 30 mins.



## Warm up Groups

**Sunday 19<sup>th</sup> November 2023**

### Session 401

Start 8.45am.

All Competitors in the Mixed 800m event only.

Duration 10 mins with lane 1 being available for Dive Starts at 8.50am.

### Session 501

Start 9.25am.

First 15 mins, ALL FEMALE competitors. Lanes 1,2,7 and 8 will become available for Dive Starts at 9.35am.

Second 15 mins, ALL MALE/OPEN competitors. Lanes 1,2,7 and 8 will become available for Dive Starts at 9.50am.

Total Duration 30 mins.

### Session 601

Start 1.25pm.

First 15 mins, ALL MALE/OPEN competitors. Lanes 1,2,7 and 8 will become available for Dive Starts at 1.35pm.

Second 15 mins, ALL FEMALE competitors. Lanes 1,2,7 and 8 will become available for Dive Starts at 1.50pm.

Total Duration 30 mins.