

# Wiltshire Championship & Age Group Sprint Competition 2019

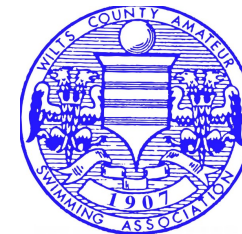
Sunday 9<sup>th</sup> June 2019 at Milton Road Baths, Swindon

## Session 1

Warm Up: – 09.30 – 10.30 Start: 10:40

Each 15 minute session \_ 10 mins General swimming. 5mins Sprints from shallow end

Each club to apportion their swimming according to the numbers given for the times/lane. We need to work on 15 per lane.



	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
9.30 – 9.45 14.00- 14.15	S.Dolphin -14	Swindon- 15	W.Bassett - 15	Wroughton – 15	Chippenham -15
9.45 – 10.00 14.15- 14.30	S.Dolphin - 15	Swindon 15	W.Bassett - 15	Marlborough – 10 Wroughton – 5	Chippenham -5 Durrington - 8
10.00- 10.15 14.30 – 14.45	S.Dolphin - 15	Swindon 4 Malmesbury – 2 W.Bassett – 6	Warminster - 15	Marlborough – 15	Bradford – 15
10.15 – 10.30 14.45 – 15.00.	S.Dolphin - 15	Warminster - 15	Warminster – 15	Marlborough 15	Bradford - 15

## Session 2

Warm Up: 14:00 – 15:00 Start: 15:10

As grid above

Coaches are asked to adhere to above schedule. Any swimmer found to be warming up in the incorrect age group without prior agreement by the meet organisers will be asked to leave the warm up and will not be allowed to re-enter the water for warm up. Health and safety states a limit of 10 swimmers per lane (depending on age and size). Coaches are asked to encourage their swimmers to be sensible when joining warm up lanes and try and warm up in even numbers across the pool. All swimmers must enter the water from the shallow end when commencing their warm up. Remember swimmers will not need to practise turns today !! All sprint lanes will start at the shallow end & swimmers are asked to swim the entire length.

**NB: Due to the large number of swimmers and team staff only swimmers entered in the sessions / events can be present on poolside.**