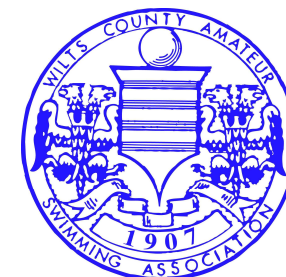


Wiltshire Championships & Age Group Competition 2020

10-13 years

Five River Leisure Centre, Hulse Rd, Salisbury SP1 3NR
Phone: 01722 434760



Session 1 – Saturday 11th January 2020 – Salisbury - Warm Up: 13:30 – 14:00 Start: 14:05

13:30 – 13:40	Girls 12/U & Swin Dolp & Tigersharks 13yr Girls	Lanes 1 – 8 General swimming
13:40 – 13:45	General Swimming	Lanes 1 – 3
13:40 – 13:45	Sprint Lanes	Lanes 4 – 8 Deep – Shallow
13:45 – 13:55	Girls 13/Ov & All Boys (Exc SWD & TIG 13yr Girls)	Lanes 1 – 8 General swimming
13:55 – 14:00	General Swimming	Lanes 1 – 3
13:55 – 14:00	Sprint Lanes	Lanes 4 – 8 Deep – Shallow

Session 2 – Saturday 11th January 2020 – Salisbury - Warm Up: 17:10 – 17:40 Start: 17:45

17:10 – 17:20	All Boys	Lanes 1 – 8 General swimming
17:20 – 17:25	General Swimming	Lanes 1 – 3
17:20 – 17:25	Sprint Lanes	Lanes 4 – 8 Deep – Shallow
17:25 – 17:35	All Girls	Lanes 1 – 8 General swimming
17:35 – 17:40	General Swimming	Lanes 1 – 3
17:35 – 17:40	Sprint Lanes	Lanes 4 – 8 Deep – Shallow

Coaches are asked to adhere to above schedule. 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 warmup. Swimmers must not block lanes to practise finishes or turns. All sprint lanes will start at the deep end & swimmers are asked to swim the entire 25m length. **NB: Due to the large number of swimmers and team staff only swimmers entered in the sessions / events can be present on poolside.**

Wiltshire Championships & Age Group Competition 2020

10-13 years

Five River Leisure Centre, Hulse Rd, Salisbury SP1 3NR
Phone: 01722 434760



Session 3 – Sunday 12th January 2020 – Salisbury - Warm Up: 10:30 – 11:00 Start: 11:05

10:30 – 10:40	All Girls	Lanes 1 – 8 General swimming
10:40 – 10:45	General Swimming	Lanes 1 – 3
10:40 – 10:45	Sprint Lanes	Lanes 4 – 8 Deep – Shallow
10:45 – 10:55	All Boys	Lanes 1 – 8 General swimming
10:55 – 11:00	General Swimming	Lanes 1 – 3
10:55 – 11:00	Sprint Lanes	Lanes 4 – 8 Deep – Shallow

Session 4 – Sunday 12th January 2020 – Salisbury - Warm Up: 14:25 – 14:55 Start: 15:00

14:25 – 14:35	All Boys & Salisbury & Swindon ASC 13yr Girls	Lanes 1 – 8 General swimming
14:35 – 14:40	General Swimming	Lanes 1 – 3
14:35 – 14:40	Sprint Lanes	Lanes 4 – 8 Deep – Shallow
14:40 – 14:50	All Girls (EXC SALS & SWIN 13yr Girls)	Lanes 1 – 8 General swimming
14:50 – 14:55	General Swimming	Lanes 1 – 3
14:50 – 14:55	Sprint Lanes	Lanes 4 – 8 Deep – Shallow

Coaches are asked to adhere to above schedule. 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 warmup. Swimmers must not block lanes to practise finishes or turns. All sprint lanes will start at the deep end & swimmers are asked to swim the entire 25m length. **NB: Due to the large number of swimmers and team staff only swimmers entered in the sessions / events can be present on poolside.**

Wiltshire Championships & Age Group Competition 2020

10-13 years

Link Centre, Whitehill Way, Swindon SN5 7DL
Phone: 01793 877323



Session 5 – Saturday 18th January 2020 – Link Centre - Warm Up: 12:45 – 13:30 Start: 13:35

12:45 – 12:55	Boys 12/U	Lanes 1 – 6 General swimming
12:55 – 13:00	General Swimming	Lanes 1 – 2
12:55 – 13:00	Sprint Lanes	Lanes 3 – 6 Deep – Shallow
13:00 – 13:10	Boys & Girls 13 years	Lanes 1 – 6 General swimming
13:10 – 13:15	General Swimming	Lanes 1 – 2
13:10 – 13:15	Sprint Lanes	Lanes 3 – 6 Deep – Shallow
13:15 – 13:25	Girls 12/U	Lanes 1 – 6 General swimming
13:25 – 13:30	General Swimming	Lanes 1 – 2
13:25 – 13:30	Sprint Lanes	Lanes 3 – 6 Deep – Shallow

Session 6 – Saturday 18th January 2020 – Link Centre - Warm Up: 17:00 – 17:45 Start: 17:50

17:00 – 17:10	Girls 11/U & Swindon Dolp 12yr Girls	Lanes 1 – 8 General swimming
17:10 – 17:15	General Swimming	Lanes 1 – 3
17:10 – 17:15	Sprint Lanes	Lanes 4 – 8 Deep – Shallow
17:15 – 17:25	Girls 12-13 years (EXC SWD 12 year Girls)	Lanes 1 – 8 General swimming
17:25 – 17:30	General Swimming	Lanes 1 – 3
17:25 – 17:30	Sprint Lanes	Lanes 4 – 8 Deep – Shallow
17:30 – 17:40	All Boys	Lanes 1 – 8 General swimming
17:40 – 17:45	General Swimming	Lanes 1 – 3
17:40 – 17:45	Sprint Lanes	Lanes 4 – 8 Deep – Shallow

Coaches are asked to adhere to above schedule. 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 warmup. Swimmers must not block lanes to practise finishes or turns. All sprint lanes will start at the deep end & swimmers are asked to swim the entire 25m length. **NB: Due to the large number of swimmers and team staff only swimmers entered in the sessions / events can be present on poolside.**