

Wiltshire Championships & Age Group Competition 2020

14+ Years & Championships

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



Session 7 – Sunday 19th January 2020 – Link - Warm Up: 10:30 – 11:15 Start: 11:20

10:30 – 10:40	Girls 15/U Exc Swin Dolph & Tigersharks 15yr Girls	Lanes 1 – 6 General swimming
10:40 – 10:45	General Swimming	Lanes 1 – 3
10:40 – 10:45	Sprint Lanes	Lanes 4 – 6 Deep – Shallow
10:45 – 10:55	Girls 16/Ov Inc Swin Dolph & Tigersharks 15yr Girls	Lanes 1 – 6 General swimming
10:55 – 11:00	General Swimming	Lanes 1 – 3
10:55 – 11:00	Sprint Lanes	Lanes 4 – 6 Deep – Shallow
11:00 – 11:10	All Boys	Lanes 1 – 6 General swimming
11:10 – 11:15	General Swimming	Lanes 1 – 3
11:10 – 11:15	Sprint Lanes	Lanes 4 – 6 Deep – Shallow

Session 8 – Sunday 19th January 2020 – Link - Warm Up: 15:20 – 16:20 Start: 16:25

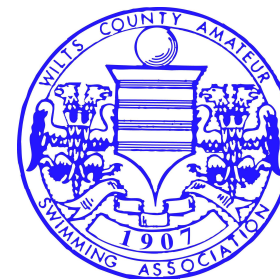
15:20 – 15:30	Boys 14/U & BoA and Calne 15yr Boys	Lanes 1 – 8 General swimming
15:30 – 15:35	General Swimming	Lanes 1 – 3
15:30 – 15:35	Sprint Lanes	Lanes 4 – 8 Deep – Shallow
15:35 – 15:45	Boys 15-17yrs (Exc BoA & Calne 15yr Boys)	Lanes 1 – 8 General swimming
15:45 – 15:50	General Swimming	Lanes 1 – 3
15:45 – 15:50	Sprint Lanes	Lanes 4 – 8 Deep – Shallow
15:50 – 16:00	Boys 18/Ov & Girls 16/Ov	Lanes 1 – 8 General swimming
16:00 – 16:05	General Swimming	Lanes 1 – 3
16:00 – 16:05	Sprint Lanes	Lanes 4 – 8 Deep – Shallow
16:05 – 16:15	Girls 15/U	Lanes 1 – 8 General swimming
16:15 – 16:20	General Swimming	Lanes 1 – 3
16:15 – 16:20	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.**

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Session 10 – Saturday 1st February 2020 – Link Centre - Warm Up: 12:45 – 13:45 Start: 13:50

12:45 – 12:55	Boys 16/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 17/Ov & Girls 16/Ov	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 15/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 11 – Saturday 1st February 2020 – Link Centre - Warm Up: 16:30 – 17:15 Start: 17:20

16:30 – 16:40	Girls 15/U	Lanes 1 – 8 General swimming
16:40 – 16:45	General Swimming	Lanes 1 – 3
16:40 – 16:45	Sprint Lanes	Lanes 4 – 8 Deep – Shallow
16:45 – 16:55	Girls 16/Ov & Boys 17/Ov & Tigersharks 16yr Boys	Lanes 1 – 8 General swimming
16:55 – 17:00	General Swimming	Lanes 1 – 3
16:55 – 17:00	Sprint Lanes	Lanes 4 – 8 Deep – Shallow
17:00 – 17:10	Boys 16/U (Exc TIG 16yr Boys)	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

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.**

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Session 12 – Sunday 2nd February 2020 – Link - Warm Up: 10:30 – 11:30 Start: 11:35

10:30 – 10:40	Boys 16/U Exc Tigersharks 16yr old Boys	Lanes 1 – 6 General swimming
10:40 – 10:45	General Swimming	Lanes 1 – 3
10:40 – 10:45	Sprint Lanes	Lanes 4 – 6 Deep – Shallow
10:45 – 10:55	Boys 17/O (Inc TIG 16yr Boys) & Girls 18/Ov	Lanes 1 – 6 General swimming
10:55 – 11:00	General Swimming	Lanes 1 – 3
10:55 – 11:00	Sprint Lanes	Lanes 4 – 6 Deep – Shallow
11:00 – 11:10	Girls 15-17yrs Exc Swin ASC & Swin Dolp 15yr Girls	Lanes 1 – 6 General swimming
11:10 – 11:15	General Swimming	Lanes 1 – 3
11:10 – 11:15	Sprint Lanes	Lanes 4 – 6 Deep – Shallow
11:15 – 11:25	Girls 14/U & Swindon ASC & Swin Dolp 15yr Girls	Lanes 1 – 6 General swimming
11:25 – 11:30	General Swimming	Lanes 1 – 3
11:25 – 11:30	Sprint Lanes	Lanes 4 – 6 Deep – Shallow

Session 13 – Sunday 2nd February 2020 – Link - Warm Up: 15:15 – 16:15 Start: 16:20

15:15 – 15:25	Girls 15/Un Excluding Tigersharks 15yr Girls	Lanes 1 – 6 General swimming
15:25 – 15:30	General Swimming	Lanes 1 – 3
15:25 – 15:30	Sprint Lanes	Lanes 4 – 6 Deep – Shallow
15:30 – 15:40	Girls 16/Ov & Tigersharks 15yr Girls	Lanes 1 – 6 General swimming
15:40 – 15:45	General Swimming	Lanes 1 – 3
15:50 – 15:45	Sprint Lanes	Lanes 4 – 6 Deep – Shallow
15:45 – 15:55	Boys 15/Ov Excluding Marl Peng & Melksham 15yr Boys	Lanes 1 – 8 General swimming
15:55 – 16:00	General Swimming	Lanes 1 – 3
15:55 – 16:00	Sprint Lanes	Lanes 4 – 8 Deep – Shallow
16:00 – 16:10	Boys 14/Ov & Marl Peng & Melksham 15yr Boys	Lanes 1 – 8 General swimming
16:10 – 16:15	General Swimming	Lanes 1 – 3
16:10 – 16:15	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.**