



Speedo 2026

Confirmed Warm Up Schedule (20.12.25)

Swimmers in the 800/1500m MUST sign in before the start of the first warm up in that session.

	WARM UP TIMES		SESSION START	SESSION FINISH
SESSION 1	7:30 – 7:45am: Open/Male 400 Free & Female 200 Backstroke 7:45 – 8:00am: Open/Male 10-14 yrs 8:00 – 8:15am: Female remaining & Open/Male 15+ yrs		8:20am	10:50am
SESSION 2	11:00 – 11:15am: Mixed 800 Free & Open/Male 9-10 yrs & Female 9-10 yrs 11:15 – 11:30am: Female 11-13 yrs & Open/Male 11-12 yrs 11:30 – 11:45am: Female 14+ yrs & Open/Male 13+ yrs		11:50am	2:50pm
SESSION 3	3:15 – 3:30pm: Open/Male 400 IM & Open/Male 9-12 yrs 3:30 – 3:45pm: Female 200 fly & Female 9-14 yrs 3:45 - 4:00pm: Open/Male 13+ yrs & Female 15+ yrs		4:10pm	6:40pm
SESSION 4	7:30 – 7:45am: Female 400 Free & Open/Male 200 back & Female 9-10 yrs 7:45 – 8:00am: Female 11-14 yrs 8:00 – 8:15am: Female 15+ yrs & Open/Male remaining		8:20am	11:15am
SESSION 5	11:20 – 11:35am: Female 1500 & Female 9-11 yrs & Open/Male 9-10 yrs 11:35 – 11:50am: Female 12-15 yrs 11:50 – 12:05pm: Open/Male 11+ yrs & Female 16+ yrs		12:10pm	3:10pm
SESSION 6	3:20 – 3:35pm: Female 400IM & Female 9-11 yrs 3:35 – 3:50pm: Open/Male 9+ yrs 3:50 – 4:05pm: Female 12+ yrs		4:10pm	6:45pm

- Sprint lanes will be open 10 minutes into each warm up.
- Coaches are responsible for supervising their swimmers during warm up.
- Please ensure your swimmers do not enter the water before their designated warm up.
- Please jump over the timing pads to enter the pool, do not stand on them.
- Please exit the pool at the side – do not climb out over the timing pads.
- Lanes 1, 3, 5 & 7 swim clockwise
- Lanes 2, 4, 6 & 8 swim anti-clockwise.

Withdrawals close 10 minutes after the start of warm up – Withdrawals must be made via the club specific QR code provided.