



# Flitwick Dolphins Swimming Club

## Open Meet 2010

### Warm-Up Procedures

In order to satisfy safety requirements the warm-up will be organised as follows:

- ◆ Each session will have two warm-up sessions of 25 minutes each, split between boys and girls, with 9 and 10 year olds in Lanes 1 & 2 only
  - ◆ Session 1 - Boys then Girls
  - ◆ Session 2 - Girls and Boys
  - ◆ Session 3 - Girls and Boys
  - ◆ Session 4 - Boys then Girls
- ◆ Lanes 1, 3, 5 & 7 will swim in a continuous clockwise direction
- ◆ Lanes 2, 4, 6, & 8 will swim in an continuous anticlockwise direction
- ◆ 10 minutes at the end of each session diving will be permitted in the designated lanes.
- ◆ Swimmers must leave the water by the steps at the side of the pool