DEVELOPMENT MEET 2019 – 22/23 JUNE – INVERNESS LEISURE

WARM UPS

### \*\*Please note that the age groupings are different!! \*\*

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| **Session 1**  Saturday  Morning | 9.30 – 9.50am  9.50 – 10.10am  10.10– 10.30am | Girls 11 – 13  All Boys  Girls 14 and over |
| **Session 2**  Saturday Afternoon | 2.00 – 2.20pm  2.20 – 2.40pm  2.40 – 3.00pm | Boys 14 and over  Girls 14 and over  All swimmers 11 - 13 |
| **Session 3**  Sunday  Morning | 8.30 – 8.50am  8.50 – 9.10am  9.10 – 9.30am | Boys 11 – 13  Girls 11 – 13  All swimmers 14 and over |
| **Session 4**  Sunday  Afternoon | 1.00 – 1.20pm  1.20 – 1.40pm  1.40 – 2.00pm | Girls 14 and over  All Boys  Girls 11 – 13 |

All sessions –

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| 15 minutes | Lanes 1-8 | Continuous swimming (no diving)  Lanes 1,3,5, 7 Clockwise  Lanes 2,4,6, 8 Anticlockwise |
| Final 5 minutes | Lanes 1-2  Lanes 3-8 | Continuous swimming (no diving)  1 way sprints |

PRESENTATIONS

There are no medal presentations at this meet. Medals can be collected from the desk on the Upper Deck.