WARM UPS

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| **Session 1**Saturday Morning | 10.00-10.20am10.20-10.40am 10.40-11.00am | Girls 10 - 12 and Boys 10 - 12Girls 13/14Boys 13 - 14 |
| **Session 2**Saturday Afternoon | 2.00-2.20pm2.20-2.40pm2.40-3.00pm  | Girls 10 - 12 and Boys 10 – 12Boys 13 - 14Girls 13/14 |
| **Session 3**SundayMorning | 8.30-8.50am8.50-9.10am 9.10-9.30am | Boys10 - 12 and Girls 10 – 12Boys 13 - 14Girls 13/14 |
| **Session 4**SundayAfternoon | 12.30-12.50pm12.50-1.10pm1.10-1.30pm  | Girls 10 - 12 and Boys 10 - 12Girls 13/14Boys 13 - 14 |

All sessions –

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

PRESENTATIONS

There will be No medal presentations. Medals Can be collected from the Desk at the top deck.