WARM UPS

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| **Session 1**  Saturday  Morning | 10.00-10.20am  10.20-10.40am  10.40-11.00am | Girls 10 - 12 and Boys 10 - 12  Girls 13/14  Boys 13 - 14 |
| **Session 2**  Saturday Afternoon | 2.00-2.20pm  2.20-2.40pm  2.40-3.00pm | Girls 10 - 12 and Boys 10 – 12  Boys 13 - 14  Girls 13/14 |
| **Session 3**  Sunday  Morning | 8.30-8.50am  8.50-9.10am  9.10-9.30am | Boys10 - 12 and Girls 10 – 12  Boys 13 - 14  Girls 13/14 |
| **Session 4**  Sunday  Afternoon | 12.30-12.50pm  12.50-1.10pm  1.10-1.30pm | Girls 10 - 12 and Boys 10 - 12  Girls 13/14  Boys 13 - 14 |

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 1-3  Lanes 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.