

Age Group and Youth Championships

Warm up Schedule – prepared by Kevin Brooks

Content / direction:

First warm up of the day (except 29th April) starts at 08:00 – see the daily timeline for remaining warm up sessions each day.

The table show the lead warmup marshal for each session.

	AM		PM		EVENING	
	Club	Coach	Club	Coach	Club	Coach
Saturday 23rd	Guildford	Matt Smart	Wycombe	Josh Atkins	Sevenoaks	Kieron Piper
Saturday 24th	Maxwell	Noel Horton	Thanet	Jordan Honour	CMK	Hannah Willson
Friday 29th					Wycombe	Josh Atkins
Saturday 30th	Guildford	Lewis Dunford	Crawley	Will Philpot	Leatherhead	David Vine
Sunday 1st	Elmbridge	Stuart Donald	Amersham	Jason Keeler	CMK	Greg Buck
Monday 2nd	Maidenhead	Paul Lloyd	Mid Sussex Marlins	Stephen Murphy	Sevenoaks	Kieron Piper
Saturday 7th	Guildford	Matt Smart	Amersham	Jason Keeler	Leatherhead	Stuart McCrea
Sunday 8th	Crawley	Tom Baxter	Wycombe	Joe Evans	CMK	Hannah Willson

- **25 Minutes Boys, then 25 minutes Girls OR VICE VERSA DEPENDING ON FIRST EVENT**
(this can be extended slightly after the first session of each weekend to around 27 mins, just gives a little more time to sort on the first session)
- **Each warm up:**
 - 15 mins continuous swim
 - 10 mins in lanes 1, 2 (and $\frac{3}{4}$ if required) of **one directional** dive/start sprint and pace lanes