



Splash Out Cancer Warmup – Saturday November 2nd, 2024

11-13 yr old Sessions (Session 1)

7:00 to 7:30am - SWIM, LSSC

7:30 to 8:00am - All other teams

10 & under Sessions (Session 2) - - NOT BEFORE 11:25 am

1st 20 minute warm-up - SWIM, LSSC

2nd 20 minute warm-up - All other teams

10 minutes starts - ALL TEAMS

14 & over Sessions (Session 3) - - NOT BEFORE 3:10 pm

1st 30 minute warm-up - SWIM

2nd 30 minute warm-up - All other teams

Splash Out Cancer Warmup – Sunday November 3rd, 2024

11-13 yr old Sessions (Session 4)

7:00 to 7:30am - SWIM, LSSC

7:30 to 8:00am - All other teams

10 & under Sessions (Session 5) - - NOT BEFORE 11:25 am

1st 20 minute warm-up - SWIM, LSSC

2nd 20 minute warm-up - All other teams

10 minutes starts - ALL TEAMS

14 & over Sessions (Session 6) - - NOT BEFORE 2:45pm

1st 30 minute warm-up - SWIM

2nd 30 minute warm-up - All other teams

