

# Bristol & South Gloucestershire L2 National Qualifier Meet

## Saturday 22nd November - Session 1, 2 & 3 Warm Up Schedule

### Session 1 Warm Up

<b>8.25-8.45am warm up. Lanes 0-3 &amp; 6-9 sprints 8.39-8.45am.</b>
Swimmers in 400 IM and heats 1-6 of female 100 Free

<b>8.45-9.05am warm up. Lanes 0-3 &amp; 6-9 sprints 8.59-9.05am.</b>
All remaining females & heats 1-3 of male / open 100 Free

<b>9.05-9.25am warm up. Lanes 0-3 &amp; 6-9 sprints 9.19-9.25am.</b>
All remaining male / open swimmers

### Session 2 Warm Up

<b>11.35am-11.55am warm up. Lanes 0-3 &amp; 6-9 sprints 11.49-11.55am.</b>
Swimmers in 800 Free and heats 1-6 of female 50 Back

<b>11.55am-12.15pm warm up. Lanes 0-3 &amp; 6-9 sprints 12.09-12.15pm.</b>
All remaining female swimmers

<b>12.15-12.35pm warm up. Lanes 0-3 &amp; 6-9 sprints 12.29-12.35pm.</b>
All remaining male / open swimmers

### Session 3 Warm Up

<b>3-3.20pm warm up. Lanes 0-3 &amp; 6-9 sprints 3.14-3.20pm.</b>
Swimmers in 100 butterfly

<b>3.20-3.40pm warm up. Lanes 0-3 &amp; 6-9 sprints 3.34-3.40pm.</b>
All remaining female swimmers

<b>3.40-4pm warm up. Lanes 0-3 &amp; 6-9 sprints 3.54-4pm.</b>
All remaining male / open swimmers

Club	Lane Number
Bristol & South Gloucestershire	0-2
Bristol Henleaze	7
Bristol North	5
Cheltenham Swimming and Water	7
Cirencester	6
City of Bristol Aquatics	4
Keynsham Swimming Club	5
Maidenhead Marlins	4
Plymouth Col	6
Plymouth Leander	3
Academy Swim Team Burnham	Any lane with space
Bradford on Avon	
Cheltenham Phoenix Aquatics	
Croydon Amphibians	
Droitwich Dolphins	
Frome	
Gloucester City	
Ilfracombe Swimming Club	
Millfield School	
Mount Kelly Swimming	
Newquay Cormorants	
North Cornwall Dragons	
Street & District	
Team Bath	
Tiverton	
Unattached	
Wantage White Horses	

Club	Lane Number
Bristol & South Gloucestershire	0-2
Bristol North	6
Cheltenham Swimming and Water	3
City of Bristol Aquatics	5
Keynsham Swimming Club	7
Maidenhead Marlins	8
Plymouth Leander	4
Bradford on Avon	Any lane with space
Bristol Henleaze	
Cheltenham Phoenix Aquatics	
Chippenham ASC	
Devonport Rsa	
Droitwich Dolphins	
Frome	
Gloucester City	
Millfield School	
Mount Kelly Swimming	
Newquay Cormorants	
North Cornwall Dragons	
Okehampton Otters	
Plymouth Col	
Swindon Asc	
Tavistock	
Team Bath	
Tiverton	
University of Bath	
Wantage White Horses	
Woking	

Club	Lane Number
Bristol & South Gloucestershire	0-2
Bristol North	6
Cheltenham Swimming and Water	5
Croydon Amphibians	5
Keynsham Swimming Club	6
Plymouth Col	3 & 4
Plymouth Leander	3 & 4
Academy Swim Team Burnham	Any lane with space
Bradford on Avon	
Bristol Henleaze	
Chelsea & Westminster	
Cheltenham Phoenix Aquatics	
Chippenham ASC	
City of Bristol Aquatics	
Devonport Rsa	
Droitwich Dolphins	
Frome	
Gloucester City	
Ilfracombe Swimming Club	
Maidenhead Marlins	
Millfield School	
Mount Kelly Swimming	
Newquay Cormorants	
North Cornwall Dragons	
Okehampton Otters	
Team Bath	
Tiverton	
University of Bath	
Wantage White Horses	
Woking	

# Bristol & South Gloucestershire L2 National Qualifier Meet

## Sunday 23rd November - Session 4, 5 & 6 Warm Up Schedule

### Session 4 Warm Up

<b>8.10-8.30am warm up. Lanes 0-3 &amp; 6-9 sprints 8.24-8.30am.</b>
Swimmers in 400 free

<b>8.30-8.50am warm up. Lanes 0-3 &amp; 6-9 sprints 8.44-8.50am.</b>
All remaining male / open swimmers

<b>8.50-9.10am warm up. Lanes 0-3 &amp; 6-9 sprints 9.04-9.10am.</b>
All remaining female swimmers

### Session 5 Warm Up

<b>11.20-11.40am warm up. Lanes 0-3 &amp; 6-9 sprints 11.34-11.40am.</b>
Swimmers in 1500 free & male / open 50 breaststroke

<b>11.40am-12pm warm up. Lanes 0-3 &amp; 6-9 sprints 11.54am-12.00pm.</b>
Swimmers in female 50 breaststroke

<b>12-12.20pm warm up. Lanes 0-3 &amp; 6-9 sprints 12.14-12.20pm.</b>
All remaining swimmers

### Session 6 Warm Up

<b>3-3.20pm warm up. Lanes 0-3 &amp; 6-9 sprints 3.14-3.20pm.</b>
Swimmers in 200 butterfly & heats 1-6 in male / open 50 free

<b>3.20-3.40pm warm up. Lanes 0-3 &amp; 6-9 sprints 3.34-3.40pm.</b>
All remaining male / open swimmers & heats 1- 4 in female 50 free

<b>3.40-4pm warm up. Lanes 0-3 &amp; 6-9 sprints 3.54-4pm.</b>
All remaining female swimmers

Club	Lane Number
Bradford on Avon	6
Bristol & South Gloucestershire	0-2
Bristol North	7
Cheltenham Swimming and Water	3 & 4
City of Bristol Aquatics	5
Millfield School	7
Plymouth Col	6
Plymouth Leander	3 & 4
Bristol Henleaze	Any lane with space
Bromsgrove	
Cheltenham Phoenix Aquatics	
Cirencester	
Droitwich Dolphins	
Gloucester City	
Ilfracombe Swimming Club	
Keynsham Swimming Club	
Maidenhead Marlins	
Mount Kelly Swimming	
Newquay Cormorants	
North Cornwall Dragons	
Team Bath	
University of Bath	
Wantage White Horses	

Club	Lane Number
Bristol & South Gloucestershire	0-2
Bristol North	4
Cheltenham Swimming and Water	6
City of Bristol Aquatics	5
Keynsham Swimming Club	7
Plymouth Col	7
Plymouth Leander	3
Academy Swim Team Burnham	Any lane with space
Barnstaple	
Bradford on Avon	
Bristol Henleaze	
Bromsgrove	
Cheltenham Phoenix Aquatics	
Chippenham ASC	
Cirencester	
Devonport Rsa	
Gloucester City	
Ilfracombe Swimming Club	
Maidenhead Marlins	
Millfield School	
Mount Kelly Swimming	
Newquay Cormorants	
North Cornwall Dragons	
Okehampton Otters	
Redditch	
Tavistock	
Team Bath	
University of Bath	
Wantage White Horses	

Club	Lane Number
Bristol & South Gloucestershire	0-2
Bristol Henleaze	6
Bristol North	4
Cheltenham Swimming and Water	7
City of Bristol Aquatics	5
Keynsham Swimming Club	8
Plymouth Col	9
Plymouth Leander	3
Academy Swim Team Burnham	Any lane with space
Bath Dolphin	
Bradford on Avon	
Bridlington	
Chelsea & Westminster	
Cheltenham Phoenix Aquatics	
Cirencester	
City of Hereford	
Croydon Amphibians	
Devonport Rsa	
Gloucester City	
Ilfracombe Swimming Club	
Maidenhead Marlins	
Millfield School	
Mount Kelly Swimming	
Newquay Cormorants	
North Cornwall Dragons	
Tavistock	
Team Bath	
University of Bath	
Wantage White Horses	