



S.A.S.A North District

WARM UPS

Session 1 Saturday Morning	9.30-9.50am	Girls 10 - 12 and Boys 10 - 11
	9.50-10.10am	Girls 13/14
	10.10-10.30am	Boys 12 and Boys 13 - 14
Session 2 Saturday Afternoon	2.00-2.20pm	Boys 12 and Boys 13 - 14
	2.20-2.40pm	Girls 10 - 12 and Boys 10 - 11
	2.40-3.00pm	Girls 13/14
Session 3 Sunday Morning	8.30-8.50am	Boys 12 and Boys 13 - 14
	8.50-9.10am	Girls 10 - 12 and Boys 10 - 11
	9.10-9.30am	Girls 13/14
Session 4 Sunday Afternoon	1.00-1.20pm	Girls 10 - 12 and Boys 10 - 11
	1.20-1.40pm	Girls 13/14
	1.40-2.00pm	Boys 12 and Boys 13 - 14

All sessions –

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 table upstairs after the results have been announced.