



City of Plymouth Annual Swim Meet 2025

Plymouth Life Centre 4th October

License Number: 3SW250991



	Session 1		Session 2	
Poolside Access	12:30		START OF WARM UP IS APPROXIMATE BUT WILL BE NO EARLIER THAN 15:45	
Warm up 1	12:40 - 12:55	All 400 Free	16:10 - 16:25	400 IM + Open/Male 100 Fly
Warm up 2	12:55 - 13:10	All 9 - 13 yrs	16:25 - 16:40	Female 9-14 yrs
Warm up 3	13:10 - 13:25	All 14 & Over	16:40 - 16:55	All Remaining Females & Open/Male
Session Start	13:30		17:00	
Session Finish (approx)	15:45		19:20	

There will be 3 x 15 minute warm up periods per session.

All swimmers to start warm-up at the diving pit end. No diving during warm-up until lanes have been designated sprint lanes

Lanes will be declared as 1 way sprint lanes for the last 5 mins of each warm up period and all swimmers must exit at the turn end.

Warm up lanes have been designated for clubs as detailed below.

Quiet lanes may be utilised if there appears to be overcrowding.

Announcements will be made as each warm up period reaches conclusion and swimmers must exit the pool from the non-start end as soon as announced.

Teams	Warm Up Lanes
DRSA	0&1
Caradon	2
Kingsbridge	3&4
Dinnaton & RN/RM	5
PL	6&7
Mount Kelly & Tavistock	8&9

NO SIGNS IN REQUIRED FOR SESSION 1

SWIMMERS MUST SIGN IN FOR THE 400IM & 200 BACKSTROKE EVENTS BEFORE SESSION 2 WARM-UP BEGINS