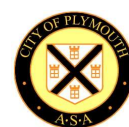




City of Plymouth Annual Swim Meet 2025

Plymouth Life Centre 5th October

License Number: 3SW250991



	Session 3		Session 4	
Poolside Access	12:00		START OF WARM UP IS APPROXIMATE BUT WILL BE NO EARLIER THAN 15:00	
Warm up 1	12:10 - 12:25	All Relay Swimmers	15:15 - 15:30	All Relay Swimmers
Warm up 2	12:25 - 12:40	All Remaining Females	15:30 - 15:45	All Remaining Females (Except 800m Only)
Warm up 3	12:40 - 12:55	All Remaining Open/Male	15:45 - 16:00	All Remaining Open/Male & 800m
Session Start	13:00		16:05	
Session Finish (approx)	15:05		19:00	

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 3

SWIMMERS MUST SIGN IN FOR THE 800m FREESTYLE BEFORE SESSION 4 WARM-UP BEGINS