



# BASILDON & PHOENIX SC

## BPSC REGIONAL / COUNTY QUALIFIER

### WARM UP DETAILS

<b>SESSION 1</b>	
<b>SIGNING IN CLOSES</b>	<b>1.00PM</b>
<b>POOLSIDE ENTRY</b>	<b>12.50PM</b>
<b>BOYS WARM UP 1.00PM</b> <b>BOYS SPRINTS 1.10PM</b>	<b>GIRLS WARM UP 1.15PM</b> <b>GIRLS SPRINTS 1.25PM</b>
<b>START 1.30PM</b>	
<b>SESSION 2</b>	
<b>SIGNING IN CLOSES</b>	<b>5.00PM</b>
<b>BOYS WARM UP 5.00PM</b> <b>BOYS SPRINTS 5.10PM</b>	<b>GIRLS WARM UP 5.15PM</b> <b>GIRLS SPRINTS 5.25PM</b>
<b>START 5.30PM</b>	
<b>SESSION 3</b>	
<b>SIGNING IN CLOSES</b>	<b>1.00PM</b>
<b>POOLSIDE ENTRY</b>	<b>12.50PM</b>
<b>GIRLS WARM UP 1PM</b> <b>GIRLS SPRINTS 1.10PM</b>	<b>BOYS WARM UP 1.15PM</b> <b>BOYS SPRIONTS 1.25PM</b>
<b>START 1.30PM</b>	
<b>SESSION 4</b>	
<b>SIGNING IN CLOSES</b>	<b>5.00PM</b>
<b>GIRLS WARM UP 5.00PM</b> <b>GIRLS SPRINTS 5.10PM</b>	<b>BOYS WARM UP 5.15PM</b> <b>BOYS SPRINTS 5.25PM</b>
<b>START 5.30PM</b>	

APPROX FINISH TIME 8.30PM EACH DAY

OUR 25M 8 LANE SWIMDOWN POOL WILL BE OPEN THROUGHOUT THE COMPETITION FOR SWIMMERS TO WARM UP OR SWIM DOWN