

Devon County Developments 2019

Saturday 15th June at Plymouth

Warm Up Guidelines

Session 3 12:30

20 mins All swimmers

Session 4 Not before 14.30

15 mins Boys Individual Medley

15 mins Girls Individual Medley 9-12yrs

15 mins Girls Individual Medley 12yrs & over, lanes 0-3
Boys Freestyle only lanes 4-9

sprint lanes as required and as announced.

Session 5 Not before 16.45

15 mins Girls Freestyle

15 mins Boys Breaststroke

sprint lanes as required and as announced.

Strictly no diving during the warm up, except in Sprint lanes and under the control of their coaches.

All swimmers must commence warm up at the diving pit end of the pool and observe the swimming direction for each lane.

All swimmers in the inside lanes (lane 1 to 8) must exit the pool at the Leisure pool end at all times.