

## **Devon County Developments 2019**

**Sunday 16<sup>th</sup> June at Plymouth**

### **Warm Up Guidelines**

#### **Session 6      11:30**

15 mins      Girls and Boys Individual Medley

15 mins      Girls Breaststroke

15 mins      Girls Freestyle and  
Boys Backstroke

sprint lanes as required and as announced.

#### **Session 7      Not before 14.45**

15 mins      Boys Freestyle, and  
Girls and Boys Butterfly

15 mins      Girls Backstroke

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.