



Hillingdon SC Fast & Festive Winter Meet – 20 & 21 December 2025

Warm-up Schedule

Saturday 20 December 2025

Session 1	Both pools	08:00-08:25 – BOYS	08:25-08:50 – GIRLS
Session 2	Both pools	11:15-11:45 – MIXED (coach run)	
Session 3	Both pools	15:00-15:30 – MIXED (coach run)	

Swim down pool (main scoreboard end)

Lane	1	2	3	4	5	6	7	8
Club	Dulwich Dolphins	Dulwich Dolphins	Haringey	Haringey	Hounslow Jets	Hounslow Jets	Reading SC	Reading SC

Competition pool (changing room end)

Lane	1	2	3	4	5	6	7	8
Club	Kingston Royals	Kingston Royals	Borough of Harrow	Leatherhead SC	Leatherhead SC	Hillingdon SC	Hillingdon SC	Hillingdon SC

Sunday 21 December 2025

Session 4	Both Pools	08:00-08:25 – GIRLS	08:25-08:50 – BOYS
Session 5	Both Pools	11:25-11:50 – MIXED (coach run)	
Session 6	Both Pools	15:15-15:45 – MIXED (coach run)	

Swim down pool (main scoreboard end)

Lane	1	2	3	4	5	6	7	8
Club	Dulwich Dolphins	Dulwich Dolphins	Haringey	Haringey	Hounslow Jets	Hounslow Jets	Reading SC	Reading SC

Competition pool (changing room end)

Lane	1	2	3	4	5	6	7	8
Club	Kingston Royals	Kingston Royals	Borough of Harrow	Leatherhead SC	Leatherhead SC	Hillingdon SC	Hillingdon SC	Hillingdon SC

Please encourage swimmers who have just raced to warm-up in the swim down pool after the races start.