

WARM UP SCHEDULE - SURREY AG CHAMPIONSHIPS

7TH/8TH February 2026

	<u>START</u>	<u>SPRINT LANE</u>	<u>End</u>	<u>M/Open or F</u>	<u>AGE</u>
<u>Session 5</u>	08.00	N/A	08.15	F	1500M swimmers only
<u>Non 1500m swimmers</u>	09.40 approx.	09.50	09.55	M/OPEN	12yrs & under
	09.55	10.05	10.10	M/OPEN	13/14/15yrs
	10.10	10.20	10.25	M/OPEN	16 yrs & over
	10.25	10.35	10.40	F	13 yrs & under
	10.40	10.50	10.55	F	14yrs & over
<u>Session 6</u>	14.00	14.10	14.15	M/OPEN	14yrs & under
	14.15	14.25	14.30	M/OPEN	15yrs & over
	14.30	14.40	14.45	F	14yrs & under
	14.45	14.55	15.00	F	15yrs & over
<u>Session 7</u>	08.00	N/A	08.15	M/OPEN	800M swimmers only
	08.15	N/A	08.30	F	400M swimmers only
<u>Non 800 & 400M swimmers</u>	10.55 approx.	11.05	11.10	M/OPEN	13yrs & under
	11.10	11.20	11.25	M/OPEN	14 & 15yrs only
	11.25	11.35	11.40	M/OPEN	16yrs & over
	11.40	11.50	11.55	F	14 yrs & under
	11.55	12.05	12.10	F	15yrs & over
<u>Session 8</u>	14.40	14.50	14.55	F	14yrs & under
	14.55	15.05	15.10	F	15yrs & over
	15.10	15.20	15.25	M/OPEN	14yrs & under
	15.25	15.35	15.40	M/OPEN	15yrs & over

**PLEASE CLEAR THE POOL PROMPTLY AT THE END OF EACH
SESSION.**

****DO NOT CLIMB OVER THE TIMING PADS****