

CARDIFF INTERNATIONAL Open Meet 2015

Warm Up Timings

Warm up 15 minute sessions plus 5 minute sprint (lanes 0 & 1 then 8 & 9 if needed)

Friday 29 May 2015		Saturday 30 May		Sunday 31 May	
SESSION 1 Warm up	07:00	SESSION 4 Warm up	07:00	SESSION 7 Warm up	07:15
MALE	07:00 - 07:20	FEMALE 9 - 13	07:00 - 07:20	FEMALE	07:15 - 07:35
FEMALE 9 - 13	07:20 - 07:40	FEMALE 14 - 16+	07:20 - 07:40	MALE	07:35 - 07:55
FEMALE 14 - 16+	07:40 - 08:00	BOYS	07:40 - 08:00		
Session 1 - Start	08:05	Session 4 - Start	08:05	Session 4 - Start	08:00
SESSION 2 Warm up	11:25	SESSION 5 Warm up	10:55	SESSION 8 Warm up	11:15
MALE 9 -14	11:20 - 11:40	FEMALE 9 - 13	10:55 - 11:15	MALE	11:15 - 11:35
MALE 15 -17+	11:40 - 12:00	FEMALE 14 - 16+	11:15 - 11:35	FEMALE	11:35 - 11:55
FEMALE 9 -13	12:00 - 12:20	MALE	11:35 - 11:55		
FEMALE 14 - 16+	12:20 - 12:40				
Session 2 - Start	12:45	Session 5 - Start	12:00	Session 5 - Start	12:00
Warm up 10 minute sessions plus 5 minute sprint (lanes 0 & 1 then 8 & 9 if needed) IN SESSION 3, 6 & 9					
SESSION 3 Warm up	15:45	SESSION 6 Warm up	15:10	SESSION 9 Warm up	15:30
FEMALE	15:45 - 16:00	MALE	15:10 - 15:25	FEMALE	15:00 - 15:15
MALE	16:00 - 16:15	FEMALE	15:25 - 15:40	MALE	15:15 - 15:30
Session 3 - Start	16:20	Session 6 - Start	15:45	Session 6 - Start	15:35

