



Please note: There are no dedicated sprint lanes in these warmup sessions. However, at the event management discretion, if there is enough general lane space available, lanes 1 and 8 will be opened for the last 5 minutes of each warmup for diving/starts practice.

Saturday Session 1 (Warm-up 1) – for competitors swimming 400m freestyle event only.

Saturday Session 1 (Warm-up 2) – for competitors swimming all remaining events of session 1.

Saturday Session 2 (Warm-up 1) - for competitors swimming 200m Butterfly & 50m Backstroke events only.

Saturday Session 2 (Warm-up 2) – for competitors swimming all remaining events of session 2.

| | | | | | | | | |
|----------------------|--------------|----------------|----------------|--------------|--------------|----------------|----------------|--------------|
| Lane: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 12:20-12:40 | Women (Slow) | Women (Medium) | Women (Medium) | Women (Fast) | Women (Fast) | Women (Medium) | Women (Medium) | Women (Slow) |
| Lane: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 12:40-13:00 | Men (Slow) | Men (Medium) | Men (Medium) | Men (Fast) | Men (Fast) | Men (Medium) | Men (Medium) | Men (Slow) |
| Session start: 13:10 | | | | | | | | |



Saturday Session 3 (Warm-up 1) - for competitors swimming 200m Backstroke & 50m Butterfly events only.

| | | | | | | | | |
|----------------------|--------------|----------------|----------------|--------------|--------------|----------------|----------------|--------------|
| Lane: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 14:40-15:00 | Women (Slow) | Women (Medium) | Women (Medium) | Women (Fast) | Women (Fast) | Women (Medium) | Women (Medium) | Women (Slow) |
| Lane: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 15:00-15:20 | Men (Slow) | Men (Medium) | Men (Medium) | Men (Fast) | Men (Fast) | Men (Medium) | Men (Medium) | Men (Slow) |
| Session start: 15:30 | | | | | | | | |

Saturday Session 3 (Warm-up 2) - for competitors swimming all remaining events of session 3.

| | | | | | | | | |
|----------------------|------------|--------------|--------------|------------|--------------|----------------|----------------|--------------|
| Lane: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 16:15-16:55 | Men (Slow) | Men (Medium) | Men (Medium) | Men (Fast) | Women (Fast) | Women (Medium) | Women (Medium) | Women (Slow) |
| Session start: 17:05 | | | | | | | | |

Sunday Session 4 (Warm-up 1) - for competitors swimming 400m I.M & 100m Backstroke events only.

| Lane: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|----------------------|--------------|----------------|----------------|--------------|------------|--------------|--------------|------------|
| 08:00-08:20 | Women (Slow) | Women (Medium) | Women (Medium) | Women (Fast) | Men (Fast) | Men (Medium) | Men (Medium) | Men (Slow) |
| Session start: 08:30 | | | | | | | | |

Sunday Session 4 (Warm-up 2) - for competitors swimming all remaining events of session 4.

| | | | | | | | | |
|----------------------|--------------|----------------|----------------|--------------|--------------|----------------|----------------|--------------|
| Lane: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 09:10-09:30 | Women (Slow) | Women (Medium) | Women (Medium) | Women (Fast) | Women (Fast) | Women (Medium) | Women (Medium) | Women (Slow) |
| Lane: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 09:30-09:50 | Men (Slow) | Men (Medium) | Men (Medium) | Men (Fast) | Men (Fast) | Men (Medium) | Men (Medium) | Men (Slow) |
| Session start: 10:00 | | | | | | | | |



Sunday Session 5 (Warm-up 1) - for competitors swimming all events of session 5 (not including those competing in the SKINS event if SKINS is the only entered event of this session).

| | | | | | | | | |
|--|--------------|----------------|----------------|--------------|--------------|----------------|----------------|--------------|
| Lane: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 11:05-11:25 (Women under 50 years old) | Women (Slow) | Women (Medium) | Women (Medium) | Women (Fast) | Women (Fast) | Women (Medium) | Women (Medium) | Women (Slow) |
| Lane: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 11:25-11:45 (Mixed men/women ≥50 years old) | Women (Slow) | Women (Medium) | Women (Medium) | Women (Fast) | Men (Fast) | Men (Medium) | Men (Medium) | Men (Slow) |
| Lane: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 11:45-12:05 (Men under 50 years old) | Men (Slow) | Men (Medium) | Men (Medium) | Men (Fast) | Men (Fast) | Men (Medium) | Men (Medium) | Men (Slow) |
| Session start: 12:15 | | | | | | | | |

Sunday Session 5 (Warm-up 2) - for competitors swimming in the SKINS event only.

| Lane: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|----------------------|--------------|----------------|----------------|--------------|------------|--------------|--------------|------------|
| 13:50-14:10 | Women (Slow) | Women (Medium) | Women (Medium) | Women (Fast) | Men (Fast) | Men (Medium) | Men (Medium) | Men (Slow) |
| Session start: 14:20 | | | | | | | | |

Sunday Session 6 - for competitors swimming in the 800m Freestyle event only.

| Lane: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|----------------------|--------------|----------------|----------------|--------------|------------|--------------|--------------|------------|
| 14:40-15:00 | Women (Slow) | Women (Medium) | Women (Medium) | Women (Fast) | Men (Fast) | Men (Medium) | Men (Medium) | Men (Slow) |
| Session start: 15:10 | | | | | | | | |