

## Manchester Open 2010



### Warm Up Information

#### Saturday 15th May – MAIN POOL

##### SESSION ONE

Warm up: 0800 – 0825 Male

Lanes 1,3,5,7 – Anticlockwise

Lanes 2,4,6,8 – Clockwise

Lanes 1,2,3 Sprint lanes from 0815 - 0825

Lanes 7+8 Backstroke lanes from 0815 - 0825

ALL OTHER LANES – GENERAL SWIMMING

Warm Up: 0825 – 0850 Female

Lanes 1,3,5,7 – Anticlockwise

Lanes 2,4,6,8 – Clockwise

Lanes 1,2,3 Sprint lanes from 0840 - 0850

Lanes 7+8 Backstroke lanes from 0840-0850

ALL OTHER LANES – GENERAL SWIMMING

##### SESSION TWO

Warm Up: 1330 – 1355 Male

Lanes 1,3,5,7 – Anticlockwise

Lanes 2,4,6,8 – Clockwise

Lanes 1,2,3 Sprint lanes from 1345 - 1355

Lanes 7+8 Pace lanes from 1345 – 1355

ALL OTHER LANES – GENERAL SWIMMING

Warm Up: 1355 – 1420 Female

Lanes 1,3,5,7 – Anticlockwise

Lanes 2,4,6,8 – Clockwise

Lanes 1,2,3 Sprint lanes from 1410 - 1420

Lanes 7+8 Pace lanes from 1410 – 1420

ALL OTHER LANES – GENERAL SWIMMING



## Manchester Open 2010



### Warm Up Information

#### Sunday 16th May – MAIN POOL

##### SESSION THREE

Warm up: 0800 – 0825 Female

Lanes 1,3,5,7 – Anticlockwise

Lanes 2,4,6,8 – Clockwise

Lanes 1,2,3 Sprint lanes from 0815 - 0825

Lanes 7+8 Backstroke lanes from 0815 - 0825

ALL OTHER LANES – GENERAL SWIMMING

Warm Up: 0825 – 0850 Male

Lanes 1,3,5,7 – Anticlockwise

Lanes 2,4,6,8 – Clockwise

Lanes 1,2,3 Sprint lanes from 0840 - 0850

Lanes 7+8 Backstroke lanes from 0840-0850

ALL OTHER LANES – GENERAL SWIMMING

##### SESSION FOUR

Warm Up: 1330 – 1355 Female

Lanes 1,3,5,7 – Anticlockwise

Lanes 2,4,6,8 – Clockwise

Lanes 1,2,3 Sprint lanes from 1345 - 1355

Lanes 7+8 Pace lanes from 1345 – 1355

ALL OTHER LANES – GENERAL SWIMMING

Warm Up: 1355 – 1420 Male

Lanes 1,3,5,7 – Anticlockwise

Lanes 2,4,6,8 – Clockwise

Lanes 1,2,3 Sprint lanes from 1410 - 1420

Lanes 7+8 Pace lanes from 1410 – 1420

ALL OTHER LANES – GENERAL SWIMMING

