# Team Luton Swimming Club

# June Long Course Meet 2026

## Warm-Up Information

### Sessions 1, 3, 4 and 6

### 3 x 15-minute Warm-ups

| Session 1 & 4 | Mixed | Session 3 & 6 | Mixed |
|---|---|---|---|
| 08.10 - 08.25 | 13 years and under | 16.25 – 16.40 | 13 years and under |
| 08.25 – 08.40 | 14-15 years | 16.40 – 16.55 | 14-15 years |
| 08.40 – 08.55 | 16+ years | 16.55 – 17.10 | 16+ years |

### Sessions 2 & 5

### 2 x 20-minute Warm-ups

| Session 2 | | Session 5 | |
|---|---|---|---|
| 12.45 – 13.05 | Boys Only | 12.45 – 13.05 | Girls Only |
| 13.05 – 13.25 | Girls Only | 13.05 – 13.25 | Boys Only |

- Strictly No Diving during any warm-up sessions, except in the designated sprint lanes that will be open 5 minutes before the end of each separate warm-up (Lanes 1, 2, 7, 8 to be used for sprints)

- Odd lanes will swim clockwise (1, 3, 5, 7) even lanes (2, 4, 6, 8) will swim anti-clockwise.

- All swimmers must leave the water by the side of the pool and not over the timing pads.

- Coaches should manage the lanes their swimmers are using during the warm-up.

- The meet announcer will be responsible for giving instruction and managing the warm-up.