

WARM UP PROCEDURES

Saturday 30th July am

(#Swimmers - 419)

The warm up schedule applies to the MORNING session only on Saturday and Sunday. The AFTERNOON session warm up will be self-managed. It is hoped that swimmers and clubs will make sensible use of both pools in the afternoon warm up sessions.

Warm up will be held in both 25m sections of the Main 50m pool to ensure adequate space in lanes. Clubs have been allocated lanes as follows:

Group 1 – 7:30am – 8:10am Saturday

| Lane | Pool A | Pool B |
|------|------------------------------------|----------------------------------|
| 1 | Gisborne Thunder / Bendigo Hawks | Ballarat GCO/Nyah Two Bays |
| 2 | Geelong SC | Ballarat Gold |
| 3 | Geelong SC | Ballarat Gold |
| 4 | Geelong SC | Ballarat Gold |
| 5 | Geelong SC | Bendigo East |
| 6 | Warrnambool | Kangaroo Flat / Hamilton Olympic |
| 7 | Warrnambool | Ballarat SC |
| 8 | Warrnambool/Seymour & District (9) | Ballarat SC/ Geelong Sharks (7) |

Pool A – Competition pool (nearest hockey pitch)

Pool B – Remaining 25m section of Main 50m pool

Group 2 – 8:10am – 8:50am Saturday

| Lane | Pool A | Pool B |
|------|---|---|
| 1 | Traralgon / East Gippsland Water Dragons (5) | ANLSC/Wodonga City / Wodonga Amateur |
| 2 | Traralgon | Albury North Lavington Swimming Club |
| 3 | Traralgon | Warragul |
| 4 | Traralgon | Warragul |
| 5 | South Gippsland Bass | Mildura / Albury Amateur / Mt Gambier |
| 6 | South Gippsland Bass | Moe / Benalla / Horsham / Echuca / Kardinia / Surf Coast / Yarrawonga Mulawala |
| 7 | South Gippsland Bass | Sale |
| 8 | Wangaratta Amateur / Wangaratta Sting Rays / GT Aquatics | Sale / Shepparton (12) |

Pool A – Competition pool (nearest hockey pitch)

Pool B – Remaining 25m section of Main 50m pool

WARM UP PROCEDURES

Sunday 31st July am

(#Swimmers - 407)

The warm up schedule applies to the MORNING session only on Saturday and Sunday. The AFTERNOON session warm up will be self-managed. It is hoped that swimmers and clubs will make sensible use of both pools in the afternoon warm up sessions.

Warm up will be held in both 25m sections of the Main 50m pool to ensure adequate space in lanes. Clubs have been allocated lanes as follows:

Group 1 – 7:30am – 8:10am Sunday

| Lane | Pool A | Pool B |
|------|--|--|
| 1 | ANLSC/Wodonga City (7) | Traralgon / East Gippsland Water Dragons (6) |
| 2 | Albury North Lavington Swimming Club | Traralgon |
| 3 | Warragul | Traralgon |
| 4 | Warragul | Traralgon |
| 5 | Warragul | South Gippsland Bass |
| 6 | Moe / Benalla / Echuca / GT Aquatics / Kilmore / Wodonga Amateur | South Gippsland Bass |
| 7 | Horsham / Hamilton Olympic | South Gippsland Bass |
| 8 | Shepparton / Surf Coast | Sale / Yarrawonga Mulwala |

Pool A – Competition pool (nearest hockey pitch)

Pool B – Remaining 25m section of Main 50m pool

Group 2 – 8:10am – 8:50am Sunday

| Lane | Pool A | Pool B |
|------|---------------------------------------|---|
| 1 | Ballarat GCO/Bendigo Hawks/Mildura | Gisborne Thunder / Albury Amateur |
| 2 | Ballarat Gold | Geelong SC |
| 3 | Ballarat Gold | Geelong SC |
| 4 | Ballarat Gold | Geelong SC |
| 5 | Bendigo East | Geelong SC |
| 6 | Kangaroo Flat / Wangaratta Sting Rays | Warrnambool |
| 7 | Ballarat SC | Warrnambool |
| 8 | Ballarat SC/ Geelong Sharks (8) | Seymour & District / Wangaratta Amateur |

Pool A – Competition pool (nearest hockey pitch)

Pool B – Remaining 25m section of Main 50m pool