

## Stocksbridge Open Gala 2022 Warm Up

### Session 1

<b>Girls</b>	General warm up	8.00-8.15am		
	Starts	8.15-8.25am	Lanes 0-4	Dive starts
			Lanes 5-7	Continuous warm up
Lanes 8-9			Backstroke starts	
<b>Boys</b>	General warm up	8.25-8.40am		
	Starts	8.40-8.50am	Lanes 0-4	Dive starts
			Lanes 5-7	Continuous warm up
Lanes 8-9			Backstroke starts	

### Session 2

<b>Boys</b>	General warm up	1.00-1.15pm		
	Starts	1.15-1.25pm	Lanes 0-4	Dive starts
			Lanes 5-7	Continuous warm up
Lanes 8-9			Backstroke starts	
<b>Girls</b>	General warm up	1.25-1.40pm		
	Starts	1.40-1.50pm	Lanes 0-4	Dive starts
			Lanes 5-7	Continuous warm up
Lanes 8-9			Backstroke starts	