

## **Stourbridge Swimming Club, Crystal Open Meet Warm up Schedule**

### **Saturday 8<sup>th</sup> March – Session 1 warm up**

8:30 am – 8:50 am Females 13 and under

8:50 am – 9:10 am Females 14 and over and Open/Male 14 and over

9:10am – 9:30 am Open/Male 13 and under

### **Saturday 8<sup>th</sup> March – Session 2 warm up**

12:30 pm – 12:50 pm Females 13 and under

12:50 pm – 1:10 pm Females 14 and over and Open/Male 14 and over

1:10 pm – 1:30 pm Open/Male 13 and under

### **Sunday 9<sup>th</sup> March – Session 3 warm up**

8:30 am – 8:50 am Open/Male 13 and under

8:50 am – 9:10 am Females 14 and over and Open/Male 14 and over

9:10am – 9:30 am Females 13 and under

### **Sunday 9<sup>th</sup> March – Session 4 warm up**

12:40 pm – 1:00 pm Open/Male 13 and under

1:00 pm – 1:20 pm Females 14 and over and Open/Male 14 and over

1:20 pm – 1:40 pm Females 13 and under