

SToRMFORCE 2025

Saturday 29th November 2025

08:00am Doors Open to Swimmers, Officials, Coaches, Team Managers

08:10am Doors open to Spectators

08:30am – 08:45am Warm up 1 – open/male 9 – 12 years

08:45am – 09:00am Warm up 2 – open/male 13 + years

09:00am Officials Briefing (upstairs)

09:00am – 09:15am Warm up 3 – female 9 – 12 years

09:15am – 09:30am Warm up 4 – female 13 + years

09:35am - 12:15pm Session 1

12:15pm - 12:45pm Lunch

12:50pm - 1:05pm Warm up 5 – female 9 – 12 years

1:05pm – 1:20pm Warm up 6 – female 13 + years

1:20pm Officials Briefing (upstairs)

1:20pm – 1:35pm Warm up 7 – open/male 9 – 12 years

1:35pm – 1:50pm Warm up 8 – open/male 13 + years

1:55pm – 4:45pm Session 2

Sunday 30th November 2025

08:00am Doors Open to Swimmers, Officials, Coaches, Team Managers

08:10am Doors open to Spectators

08:30am – 08:45am Warm up 9 – open/male 9 – 12 years

08:45am – 09:00am Warm up 10 – open/male 13 + years

09:00am Officials Briefing (upstairs)

09:00am – 09:15am Warm up 11 – female 9 – 12 years

09:15am – 09:30am Warm up 12 – female 13 + years

09:35am - 12:15pm Session 3

12:15pm - 12:45pm Lunch

12:50pm - 1:05pm Warm up 13 – female 9 – 12 years

1:05pm – 1:20pm Warm up 14 – female 13 + years

1:20pm Officials Briefing (upstairs)

1:20pm – 1:35pm Warm up 15 – open/male 9 – 12 years

1:35pm – 1:50pm Warm up 16– open/male 13 + years

1:55pm – 4:30pm Session 4

If we have to run on 6 lanes on Sunday each session will be just over 3 hours long