



DISS OTTERS

A local swimming club at the heart of the community



DISS OTTERS OPEN SPRINT MEET 2022 Sunday 16th October 2022

Warm up schedule

	Session 1 10:00am – 20 minutes per group	Session 2 1:00pm – 20 minutes per group
Group 1	Boys & Girls 11/UN	Boys & Girls 11/UN
Group 2	Boys & Girls 12/OV	Boys & Girls 12/OV

Please note: Warm up times are provisional times only.
Please check for any changes at the start of each session.

Team Managers/Coaches to supervise their own swimmers.

LANES 1 to 8 - Warm up

Swimmers to enter the water at the starting end
Jump from starting blocks, do not stand on AOE pads and do not dive during warm up.
Please swim in a clockwise direction in lanes 1, 3, 5 & 7
Please swim in an anti-clockwise direction in lanes 2, 4, 6 & 8

Diving

Diving is permitted in any lane once the lane is clear of swimmers warming up during the last 5 minutes of each warm up group.