

East District Age Group Championships - February 2010

Session: 9 S9 Heats

Warm up time

08:30	First Warm Up Boys 10-11 200 IM Girls 12-13 100 Butterfly
08:55	Second Warm Up Boys 14-15 200 IM Boys 12-13 100 Butterfly
09:25	Third Warm Up Girls 10 & Over 800 Freestyle

Session: 10 S10 Heats

Warm up time

13:30	First Warm Up
3lanes	Girls 10-11 200 IM
3lanes	Boys 10 & Over 1500 Freestyle
14:00	Second Warm Up Girls 14-15 200 IM

Session: 11 S11 Heats

Warm up time

08:30	First Warm Up	
	Girls 10 & Over 1500 Freestyle	24
	Girls 14-15 100 Backstroke	42
09:30	Second Warm Up	
	Girls 12-13 100 Backstroke	66
09:55	Third Warm Up	
	Boys 16 & Over 200 IM	24
	Boys 12-13 100 Backstroke	30
	Boys 16 & Over 200 IM	24
	Boys 12-13 100 Backstroke	30

Session: 12 S12 Heats

Warm up time

13:10	First Warm Up	
	Girls 10-11 100 Backstroke	30
	Girls 16 & Over 200 IM	28
	Boys 10-11 100 Backstroke	9
13:35	Second Warm Up	
	Girls 12-13 200 IM	72
14:00	Third Warm Up	
	Boys 10 & Over 800 Freestyle	24
	Boys 12-13 200 IM	48

