

JIM18 WARM UPS

MORNING WARM UP STARTS 8.00 am

8.00 am - 9 + 10 year Girls (10 mins)

8.10 am - 11 year Girls (10 mins)

8.20 am - 8 (lane 6) + 12 year Girls (10 mins)

8.30 am - 8, 9 + 10 year Boys (10 mins)

8.40 am - 11 + 12 year Boys (10 mins)

AFTERNOON WARM UP ESTIMATED TO START 1.35 pm

1.35 pm - 9 + 10 year Girls (10 mins)

1.45 pm - 11 year Girls (10 mins)

1.55 pm - 8 (lane 6) + 12 year Girls (10 mins)

2.05 pm - 8, 9 + 10 year Boys (10 mins)

2.15 pm - 11 + 12 year Boys (10 mins)

