



**HACKNEY ANACONDA**



camden  
swiss cottage  
swimming



# LONDON LEGACY SWIMMING

## Warm Up Schedule

Saturday 28th March	Sunday 29th March	Monday 30th March
<b>Session 1 - 16/Over &amp; 1500m Free</b>	<b>Session 4 - 16/Over &amp; Female 800m Free</b>	<b>Session 7 - 16/Over &amp; Open/Male 800m Free</b>
8:00 - 8:25 Open/Male	8:00 - 8:25 Open/Male	8:00 - 8:25 Female
8:25 - 8:50 Female	8:25 - 8:50 Female	8:25 - 8:50 Open/Male
<b>Session 2 - 15/Under</b>	<b>Session 5 - 15/Under</b>	<b>Session 8 - 15/Under</b>
12:10 - 12:25 Mixed 13/Under	12:10 - 12:25 Mixed 13/Under	12:10 - 12:25 Mixed 13/Under
12:25 - 12:45 Open/Male 14-15 Years Old	12:25 - 12:45 Open/Male 14-15 Years Old	12:25 - 12:45 Female 14-15 Years Old
12:45 - 13:05 Female 14-15 Years Old	12:45 - 13:05 Female 14-15 Years Old	12:45 - 13:05 Open/Male 14-15 Years Old
<b>Session 3 - Finals</b>	<b>Session 6 - Finals</b>	<b>Session 9 - Finals</b>
17:00 - 17:25 Mixed	17:00 - 17:25 Mixed	17:00 - 17:25 Mixed

Sprint Lanes will open for the last 5 minutes of each Heat Session Warm Up.  
A Sprint Lane will be available for the last 15 minutes of the Finals Sessions Warm Up.

**Thanks to Our Partners !!**



WILL JOHNSTON  
PHOTOGRAPHY

