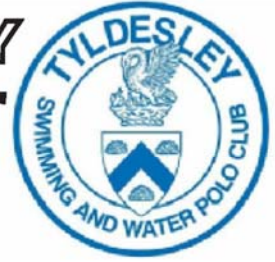




WIGAN & TYLDESLEY STARTER MEET

6th & 7th May 2017
<http://wiganswimming.co.uk/starter>



LEVEL 3 - LICENSE 3NW170322

Time Line

- 7:45am – Entry to Building for swimmers, coaches, spectators.
- 8:00am – Poolside is open, announcements commence.
- 8:10am – Warm up Begins, withdrawals close.
- 8:55am – Pool is cleared, first events to marshalling.
- 9:00am – Morning Session
- 12:55pm Saturday & 12:40pm Sunday – Warm up Begins, withdrawals close.
- 1:45pm Saturday & 1:30pm Sunday – Afternoon Session
- 5:00pm – Pool Closes

Warm up

Saturday Morning - 15 minutes per warmup session.

- 8:10 – 8:25 Girls in event 101 only.
- 8:25 – 8:40 Boys.
- 8:40 – 8:55 Girls who have not yet warmed up.

Saturday Afternoon - 15 minutes per warmup session.

- 12:55 – 1:10 Boys.
- 1:10 – 1:25 Girls in event 202 only.
- 1:25 – 1:40 Girls who have not yet warmed up.

Sunday Morning - 15 minutes per warmup session.

- 8:10 – 8:25 Boys
- 8:25 – 8:40 Girls in event 302 with a time slower than 39.00
- 8:40 – 8:55 Girls who have not yet warmed up.

Sunday Afternoon - 15 minutes per warmup session.

- 12:40 – 12:55 Girls in event 401 with a time slower than 1:30.00
- 12:55 – 1:10 Girls who have not yet warmed up.
- 1:10 – 1:25 Boys

Even lanes will be swam clockwise and odd lanes anticlockwise, drive / sprint will be opened up for the last 5 minutes of each warmup.