

Tynemouth Winter Gala

Warm Up Schedule

Friday PM Female 200 Free First Event

2x Warm Ups - 20 mins (15 Swim 5 Dives)

156 Swimmers	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:45-6:05 PM Female (F)	G+W (F)	G+W (F)	Tasc (F)	Tasc (F)	NST (F) BOSSS (F) Tynedale (F)	Aqua jets (F) N Tyne (F) S Tyne (F)
6:05- 6:25 PM Male (M)	G+W (M)	G+W (M) Aqua jets (M)	Tasc (M)	Tasc (M)	NST (M) BOSSS (M)	N Tyne (M) S Tyne (M) Tynedale (M)