

Tynemouth Winter Gala - Warm Up Schedule

Saturday AM Female 400 IM First Event

3x Warm Ups - 18 mins (13 swim 5 dives)

146 Swimmers	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
9:00 -9:18 AM Female (F)	G+W (F)	G+W (F)	Aqua jets (F)	BOSSS (F)	NST (F) Tynedale (F)	S Tyne (F) N Tyne (F)
9:18-9:36 AM TASC Mixed	Tynemouth ASC - All Female + Male Swimmers					
9:36-9:54 AM Male (M)	G+W (M)	G+W (M)	Aqua jets (M)	BOSSS (M)	NST (M) Tynedale (M)	S Tyne (M) N Tyne (M)

Saturday PM Male 400 Free First Event

3x Warm ups - 18 mins (13 swim 5 dives)

210 swimmers	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1:00 -1:18 PM Male (M)	G+W (M)	N Tyne (M)	Aqua jets (M) Tynedale (M)	BOSSS (M)	NST (M)	S Tyne (M)
1.18-1.36PM TASC Mixed	Tynemouth ASC - All Female + Male Swimmers					
1:36-1:54 PM Female (F)	G+W (F)	G+W (F)	N Tyne (F) Tynedale (F)	BOSSS (F)	NST (F) Aqua jets (F)	S Tyne (F)

Sunday AM**Male 400 IM First Event**

3x Warm ups - 18 mins (13 swim 5 dives)

179 Swimmers	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8:30-8:48 AM Male (M)	G+W (M)	Aquajets (M) Tynedale (M)	N Tyne (M)	BOSSS (M)	NST (M)	S Tyne (M)
8:46-9.06 AM TASC Mixed	Tynemouth ASC - All Female + Male Swimmers					
9:06-9:24 AM Female (F)	G+W (F)	G+W (F)	G+W (F) N Tyne (F)	BOSSS (F) Tynedale (F)	NST (F) Aquajets (F)	S Tyne (F)

Sunday PM**Female 400 Free First Event**

3x Warm ups - 18 mins (13 swim 5 dives)

226 swimmers	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1:00 -1:18 PM Female (F)	G+W (F)	G+W (F)	G+W (F)	BOSSS (F) Tynedale (F)	Aquajets (F) NST (F)	S Tyne (F)
1.18-1.36PM TASC Mixed	Tynemouth ASC - All Female + Male Swimmers - Lanes 1-5					N Tyne (F)
1:36-1:54 PM Male (M)	G+W (M)	BOSSS (M) G+W (M)	Aquajets (M) Tynedale (M)	N Tyne (M)	NST (M)	S Tyne (M)