

Ken Deeley open meet Saturday 18th September 2021

Warm Up times

Session 1

8.30-8.45		8.45-9.00		9.00-9.15		Lane direction
Lane 1	1066 Swimmers	Lane 1	Mid Sussex Marlins	Lane 1	Hastings	Clockwise
Lane 2	Lewes	Lane 2	Mid Sussex Marlins	Lane 2	Hastings	Anticlockwise
Lane 3	Hailsham	Lane 3	Mid Sussex Marlins	Lane 3	Hastings	Clockwise
Lane 4	Hailsham	Lane 4	Mid Sussex Marlins	Lane 4	Brighton	Anticlockwise
Lane 5	Worthing	Lane 5	Mid Sussex Marlins	Lane 5	Brighton	Clockwise
Lane 6	Worthing	Lane 6	Mid Sussex Marlins	Lane 6	Brighton	Anticlockwise

Session 2

1.30-1.45		1.45-2.00		Lane direction		
Lane 1	1066, Bexley, Guildford	Lane 1	Mid Sussex Marlins	1	Clockwise	↑ ↓
Lane 2	Lewes	Lane 2	Mid Sussex Marlins	2	Anticlockwise	↓ ↑
Lane 3	Hastings	Lane 3	Hailsham	3	Clockwise	↑ ↓
Lane 4	Hastings	Lane 4	Brighton	4	Anticlockwise	↓ ↑
Lane 5	Hastings	Lane 5	Brighton	5	Clockwise	↑ ↓
Lane 6	Hastings	Lane 6	Brighton	6	Anticlockwise	↓ ↑

- 1/ Clubs must supervise their own swimmers at all times during warm up.
- 2/ There will be no designated sprint lanes but coaches may use the time in their allocated lanes however they wish.
- 3/ Please ensure that swimmers exit the pool at the shallow end and not over timing pads or across another teams lane.
- 4/ **If the swim down pool is available** then it may be used for front crawl or Breaststroke only. Butterfly & Backstroke are not to be used. Please do not "tumble turn" in the swim down pool only "touch turn".