



Summer Sprintastic

14th July 2024

NO ACCESS TO THE POOLSIDE UNTIL

10.50am

Warm up

3 X 15 min sessions

Coaches may arrange their warm-up to suit.

Session 1	11:00-11:15	11:15-11:30	11:30-11:45
Session 2	14:45-15:00	15:00-15:15	15:15-15:30
Lane 1	Newark	Newark	Mansfield, Retford, Lincoln Vulcans
Lane 2	Gainsborough	Gainsborough	Boston
Lane 3	March Marlin's	March Marlin's	Boston
Lane 4	Grantham	Grantham	Grantham
Lane 5	Grantham	Grantham	Grantham
Lane 6	Grantham	Grantham	Grantham
Lane 7	Louth	Louth	Skegness
Lane 8	Melton M'bry	Melton M'bry	Melton M'bry

Session 1 Start 11:50

Session 2 Start 15:35

Swimmers must not climb over the timing pads