



Swim England East Midlands Short Course Championships 2022  
Harvey Hadden Nottingham Sat 5<sup>th</sup> / Sun 6<sup>th</sup> November  
Licensed Level 2 - 2EM222140

**WARM-UP SCHEDULE**

<b>Saturday 5<sup>th</sup> November 2022 - Warm up</b>	
Session One (7.45am start)	1 <sup>st</sup> ) 20 minutes Women - 100m freestyle and 50m breaststroke 2 <sup>nd</sup> ) 20 minutes Men - 200m freestyle and 100m breaststroke 3 <sup>rd</sup> ) 20 minutes Mixed – all other session events
Session Two (12.45pm start)	1 <sup>st</sup> ) 25 minutes Women – all session events 2 <sup>nd</sup> ) 25 minutes Men – all session events
Finals Session (5.00pm start)	35 minutes Mixed – all session events
<b>Sunday 6<sup>th</sup> November 2022 – Warm up</b>	
Session One (7.45am start)	1 <sup>st</sup> ) 20 minutes Men - 100m freestyle and 50m breaststroke 2 <sup>nd</sup> ) 20 minutes Women - 200m freestyle and 100m breaststroke 3 <sup>rd</sup> ) 20 minutes Mixed – all other session events
Session Two (12.45pm start)	1 <sup>st</sup> ) 25 minutes Women – all session events 2 <sup>nd</sup> ) 25 minutes Men – all session events
Finals Session (4.30pm start)	35 minutes Mixed – all session events

Both pools will be available during the scheduled warm ups, starts will be conducted at the discretion of the warm up lead.

The warm up/swim down pool will be available to swimmers at all times outside of the scheduled warm up times, swimmers must be supervised by a club accreditation holder during the scheduled warm ups and during the use of the warm up/swim down pool.