



DASA Short Course Competition 2025 - Day 3 Warm Up Schedule

Day 3 - Sunday 19th October		Swimmers			
Session 7			Lanes	8:30	
Warm Up 1	Female	150		8:30 - 8:45	15
Warm Up 2	Open/Male	179		8:45 - 9:00	15
Session 8		Open/Male	Female	11:00	
Warm Up 1	Open/Male (apart from clubs below)	146		11:00 - 11:15	15
Warm Up 2	Mixed - (clubs below)			11:15 - 11:30	15
	Bakewell	1	3		
	Buxton	7	12		
	Eckington	12	19		
	Ilkeston	8	14		
	Matlock	6	15		
	Ripley	15	30		
	Swadlincote	4	10	156	
Warm Up 3	Female (apart from clubs above)		157	11:30 - 11:45	15
		199	260		
Session 9				14:15	
Warm Up 1	Female (apart from clubs below)		133	14:15 - 14:30	15
Warm Up 2	Mixed - (clubs below)			14:30 - 14:45	15
	Bakewell	1	4		
	Buxton	8	10		
	Eckington	9	10		
	Ilkeston	11	11		
	Matlock	6	11		
	Ripley	13	24		
	Swadlincote	5	8	131	
Warm Up 3	Open/Male (apart from clubs above)	135		14:45 - 15:00	15
		188	211		
For all warm-ups there is a maximum of 12 swimmers per lane. With both pools that allows for 240 swimmers so lots of space !					
Lanes 0,1,2,7,8,9 will be used for starts for the last 5 minutes of each warm-up session					
For session 9 warm-up backstroke ledge starts will be permitted in the competition pool lanes 7, 8 and 9 at the window end only.					