



**EMBRACE  
CHALLENGE  
ACHIEVE**

Bramcote Swimming Club, Bramcote Leisure Centre, Derby Road,  
Nottingham, NG9 3GF  
E-mail: [bramcotesctreasurer@gmail.com](mailto:bramcotesctreasurer@gmail.com)  
[www.swim-to-win.com](http://www.swim-to-win.com)  
[www.aquastarssynchro.com](http://www.aquastarssynchro.com)



## **Bramcote Open Meet 2021 (3EM210326)**

### **Warm-up procedure**

#### **SESSION 1 Warm up**

Girls 12 & under: 8.30 - 8.45am

Girls 13 & over: 8.45 - 9.00am

Boys: 11 & under 9.00 - 9.15am

Boys 12 & over 9.15-9.30am

Start time 9.30am

Estimated finish time 12.17pm

#### **SESSION 2 Warm up**

Boys 11 & under: 12.30 - 12.45pm

Boys 12 & over: 12.45-1.00pm

Girls 12 & under: 1.00 - 1.15pm

Girls 13 & over: 1.15 - 1.30pm

Start time 1.30pm

Estimated finish time 3.52pm

#### **SESSION 3 Warm up**

Boys 11 & under: 4.00 - 4.15pm

Boys 12 & over; 4.15-4.30pm

Girls 12 & under: 4.30-4.45pm

Girls 13 & over: 4.45-5.00pm

Start time 5.00pm

Estimated finish time 7.01pm