

The format for the Warm Ups at the Michael Bowles Memorial Gala will be as follows:

TIME	CLUB	LANE (S)	# of swimmers
7:00 – 7:40	SWSC	1 - 6	16 per lane
7:40 – 8:05	Dolphin	1 – 4	17 per lane
7:40 – 8:05	Mallow	5 – 6	13 per lane
8:05 – 8:30	Waterford	1 – 2	17 per lane
8:05 – 8:30	Clonmel	3 – 4	16 per lane
8:05 – 8:30	Kingdom	5 – 6	10 per lane
8:30 – 8:50	Kenmare	1	12 per lane
8:30 – 8:50	Clonakilty & Splashworld	2	10 per lane
8:30 – 8:50	Fermoy, Kingfisher & Sliebh Beg	3	9 per lane
8:30 – 8:50	West Cork Orcas & Askeaton	4	8 per lane
Lanes 5 & 6 in the final warm up will be at the discretion of the referee. Decisions as to their use will be decided on requirements each day.			

All Warm Ups will be mixed. We would appreciate your co-operation with this in order that all swimmers will be afforded an equal opportunity to warm up.

Thank you.

Mary Haughney

Referee.