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| **Warm Up – Douglas - 8:30 start** |
| **Club** | **Time** | **Lanes** |
| Blackrock | 8:30 – 8:50 | Lanes 1 - 4 |
| Streamline | 8:30– 8:50 | Lanes 5 – 6 |
| SWSC | 8:50 – 9:10 | Lanes 1 - 3 |
| Dolphin | 8:50 – 9:10 | Lanes 4 - 6 |
| Limerick | 9:10 – 9:30 | Lanes 1 - 4 |
| Clonakilty | 9:10 – 9:30 | Lanes 4 – 6 |
| Splashworld | 9:30– 9:50 | Lanes 1 – 3 |
| Waterford | 9:30 – 9:50 | Lanes 4 – 6 |
| **There will be a general mixed warm up during the lunchbreak, prior to the second session. This warm up****MUST BE SUPERVISED BY CLUB COACHES or TEAM MANAGERS** |

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| **Warm Up – Mallow- 8:30 start** |
| **Club** | **Time** | **Lanes** |
| Mallow | 8:30 – 8:50 | Lanes 1 - 5 |
| Clonmel | 8:50 – 9:10 | Lanes 1 - 3 |
| Celtic Waves  | 8:50 – 9:10 | Lanes 4 - 5 |
| Killarney  | 9:10 – 9:30 | Lanes 1 - 3 |
| Nenagh Neptune  | 9:10 – 9:30 | Lanes 4 –5 |
| Lahinch | 9:30– 9:50 | Lanes 1 – 2 |
| Femoy, Tiger Sharks & Ballybunion | 9:30 – 9:50 | Lanes 3 - 5 |
| **There will be a general mixed warm up during the lunchbreak, prior to the second session. This warm up****MUST BE SUPERVISED BY CLUB COACHES or TEAM MANAGERS** |