

Registration and Deck access is 30 mins before the start of warm-up each session.

Day 1 - Friday, April 25, 2025		
8:30am-8:55am	Warm Up	
9:00am-12:00pm	Session 1 - Racing	
11:30pm-1:30pm	Lunch	
Both pools closed 12:00pm-1pm. Deck Access at 12:30pm.		
1:00pm-1:25pm	Warm Up Group A	
1:30pm-1:55pm	Warm Up Group B	
2:00pm-5:50pm	Session 2 - Racing	

Day 2 - Saturday, April 26, 2025		
8:00am-8:25am	Warm Up Group B	
8:30am-8:55am	Warm Up Group A	
9:00am-1:20pm	Session 3 - Racing	
12:30pm-2:30pm	Lunch	
Both pools closed 1:20pm-2pm. Deck Access at 1:30pm.		
2:00pm-2:25pm	Warm Up Group B	
2:30pm-2:55pm	Warm Up Group A	
3:00pm-6:45pm	Session 4 - Racing	

Day 3 - Sunday, April 27, 2025		
8:00am-8:25am	Warm Up Group A	
8:30am-8:55am	Warm Up Group B	
9:00am-12:40pm	Session 5 - Racing	
12:00pm-2:00pm	Lunch	
Both pools closed 12:40pm-1pm. Deck Access at 12:30pm.		
1:00pm-1:25pm	Warm Up Group A	
1:30pm-1:55pm	Warm Up Group B	
2:00pm-5:20pm	Session 6 - Racing	

Group A - SQUALL, SOM, THOR, GRAN, DUCKS, BRANT

Group B - All other clubs

Please follow the split warm-up schedule

The West end of the pool will be open for continuous warm-up and cool-down with a 200 maximum number of swimmers at any one time in the west end pool