

WSC Open Meet Warm ups

Session 1

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| 1 st Warm up 8.00 – 8.20 | 2 nd Warm up 8.20-8.40 | 3 rd Warm up 8.40-9.00 |
| Girls 11 & Over | Boys 11 & over | Girls & Boys 9 & 10 years old |

Session 2

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|-------------------------------------|-------------------------------------|-------------------------------------|
| 1 st Warm up 1.30 – 1.50 | 2 nd Warm up 1.50 – 2.10 | 3 rd Warm up 2.10 – 2.30 |
| Girls 12 & under | Girls 13 & over Boys 11 & under | Boys 12 & over |

Session 3

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|-------------------------------------|---|---|
| 1 st Warm up 8.00 - 8.20 | 2 nd Warm up 8.20 – 8.40 | 3 rd Warm up 8.40 – 9.00 |
| Boys 10 – 15 years old | Boys 16 & over Girls 10 – 12 years old | Girls & Boys 9 years old Girls 13 & over |

Session 4

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| 1 st Warm up 1.30 – 1.50 | 2 nd Warm up 1.50 – 2.10 | 3 rd Warm up 2.10 – 2.30 |
| Boys 9 – 15 years old | Boys 16 & over Girls 9 -11 years old | Girls 12 & over |