

# 2025 LONDON MASTERS

## WARM UP

See Lane Allocation Posters and Notices posted around venue.

Guidance on Scoreboards and from Announcer.

Sprint Starts – Both ends – last 5 mins of each Phase.

Sprint Starts – Swim to 25m and exit to side.

## SESSION 1 (AM)

Phase 1 – Open/Male – 08:00AM – 08:25AM (25 minutes)

Phase 2 – Female – 08:30AM – 08:55AM (25 minutes)

## SESSION 2 (PM)

Phase 1 – Female – 13:00PM – 13:25PM (25 minutes)

Phase 2 – Open/Male – 13:30PM – 13:55PM (25 minutes)

## COOL DOWN

09:00AM – 13:00PM

two (2) dedicated lanes in Training Pool

**DO NOT USE OTHER LANES – MAINTAIN DISCIPLINE.**  
**KEEP DECK AND WALKWAYS CLEAR OF BAGS ETC.**

13:00PM – END OF DAY

Dive Pit