

SE London Winter Championships 2025

Warm up schedule

Saturday 1st November.

Session 1

Male/Open: 07:55-08:25 (Both Pools)

- Sprints to start in competition pool from 08:15

Female: 08:25-08:55 (Both Pools)

- Sprints to start in competition pool from 08:45

Finals Warm Up – Mixed, 11:30-11:55 (Main Pool)

Session 2

Female: 13:10-13:40 (Both Pools)

- Sprints to start in competition pool from 13:30

Male/Open: 13:40-14:10 (Both Pools)

- Sprints to start in competition pool from 14:00

Finals Warm Up – Mixed, 16:00-16:25 (Main Pool)

Sunday 2nd November.

Session 3

Female: 07:55-08:25 (Both Pools)

- Sprints to start in competition pool from 08:15

Male/Open: 08:25-08:55 (Both Pools)

- Sprints to start in competition pool from 08:45

Finals Warm Up – Mixed, 11:30-11:55 (Main Pool)

Session 4

Male/Open: 13:10-13:40 (Both Pools)

- Sprints to start in competition pool from 13:30

Female: 13:40-14:10 (Both Pools)

- Sprints to start in competition pool from 14:00

Finals Warm Up – Mixed, 16:00-16:25 (Main Pool)