

## **SCHEDULE**

When	Who
9.00-9.30	FLYING START – Available for Gold, PR, SWL, Masters
9.30-10.00	Green
10-10.30	Red / Blue
10.30-11.00	Bronze / Silver
11-11.30	Gold / PR / SWL
11.30-12	Master, AI, Coaches, Parents
12-12.30	Polar Academy / Bathgate Academy
12.30-1.00	FUN SESSION
1-1.30	Green
1.30-2.00	Blue/Red
2-2.30	Bronze/Silver
2.30-3.00	Gold/PR/SWL
3.00-3.30	Master, AI, Coaches, Parents
3.30-4.00	Polar Academy / Bathgate Academy
4.00-4.30	FUN SESSION

### NOTES:

- You don't have to swim continuously. You can stop and start and can have a break.
- Counting: we may be able to have some people on hand to count but were not being strict.
- You can wear swim watches to manage distance if you have one.
- It would be good to have parents / kids who have swam in the gallery cheering on their fellow swimmers
- There may be an opportunity to swim in extra time with other appropriate squads or sessions if there is space.
- There will be great baking, a bottle tombola and a raffle with some fantastic prizes in the gallery