



Swim England Hertfordshire County Championships 2025

Timings & Warm Up lanes – Session 12

Saturday 1st February 2025

Session 12 : Long Distance (1500m) event at Westminster Lodge

All clubs can be located on the window side of the pool between the lifeguards chairs – there is a maximum of 58 swimmers.

Coaches should oversee any swimmer(s) using the small pool for warm up/swim down.

Saturday 1 st February Session 12

17:00 Doors open Event Staff (ALL), Officials

17:30 Doors open Swimmers, Coaches, TMs, Spectators

18:00 Warm up starts

18:30 Warm up ends

Please can all Coaches/TM's & Swimmers keep the foyer clear – please keep towards the café so the disability swimmers can clear the building.

Warm Up

The lanes for warm up are as follows:

Session 12 : Warm up 18:00 - 30 minutes duration

LANE	CLUB	NUMBER of SWIMMERS
Lane 0	Berkhamsted, Harpenden & Stortford	1,3,2
Lane 1	Potters Bar & Royston	4,1
Lane 2	Cheshunt & Hitchin	3,3
Lane 3,4 & 5	CoStA	15
Lane 5,6 & 7	Watford	15
Lane 8 & 9	Hatfield	11

The small pool will be available for continuous warm up/swim down during this session and up to 10 minutes after the completion of the final heat.

There will be NO swim down available in the main pool.