



Newham & University of East London Swimming Club

National Qualifier Open Meet 2025 Warm Up Times

Session 1		Time
	13 & Under Girls	8.00am – 8.15am
	14 & Over Girls	8.15am – 8.30am
	13 & Under Boys	8.30am – 8.45am
	14 & Over Boys	8.45am - 9.00am

Session 2		Time
	14 & Under Boys	12.30pm – 12.45m
	15 & Over Mixed	12.45pm – 13.00pm
	14 & Under Girls	13.00pm – 13.15pm

Session 3		Time
	14 & Under Girls	16.45pm – 17.00pm
	15 & Over Mixed	17.00pm – 17.15pm
	14 & Under Boys	17.15pm – 17:30pm

Session 4		Time
	13 & Under Girls	8.00am – 8.15am
	14 & Over Girls	8.15am – 8.30am
	13 & Under Boys	8.30am – 8.45am
	14 & Over Boys	8.45am - 9.00am

Session 5		Time
	14 & Under Girls	12.30pm – 12.45m
	15 & Over Mixed	12.45pm – 13.00pm
	14 & Under Boys	13.00pm – 13.15pm

Session 6		Time
	14 & Under Boys	16.45pm – 17.00pm
	15 & Over Mixed	17.00pm – 17.15pm
	14 & Under Girls	17.15pm – 17:30pm