

WORCESTER COUNTY RELAY CHAMPIONSHIPS 2026

Sun 14th June – Sandwell

WARM UP INFORMATION



Session 1 Warm Up 1

- 10am 9/10 & 11/12 Females in Competition Pool
- 10am 9/10 & 11/12 Males in Fixed depth pool
- 10.10am Dives for 9/10 & 11/12 Males and Females in Competition Pool

Warm Up 2

- 10.20am 17+ & MASTERS Females in Competition Pool
- 10.20am 17+ & MASTERS Males in Fixed depth pool
- 10.30am Dives for 17+ & MASTERS Males and Females in Competition Pool

Warm Up 3

- 10.40am 13/14 & 15/16 Females in Competition Pool
- 10.40am 13/14 & 15/16 Males in Fixed depth pool
- 10.50am Dives for 13/14 & 15/16 Males and Females in Competition Pool

Session 2 Warm Up 1

- 2pm 9/10 & 11/12 Males in Competition Pool
- 2pm 9/10 & 11/12 Females in Fixed depth pool
- 2.10pm Dives for 9/10 & 11/12 Males and Females in Competition Pool

Warm Up 2

- 2.20pm 13/14 & 15/16 Males in Competition Pool
- 2.20pm 13/14 & 15/16 Females in Fixed depth pool
- 2.20pm Dives for 13/14 & 15/16 Males and Females in Competition Pool

Warm Up 3

- 2.40pm 17+ & MASTERS Males in Competition Pool
- 2.40pm 17+ & MASTERS Females in Fixed depth pool
- 2.50pm Dives for 17+ & MASTERS Males and Females in Competition Pool