

Warm up Times

| Boys 9:00-9:10 | | | | 10 minutes / Club | Girls 9:20-9:30 | | | | 10 minutes / Club |
|---------------------------------|--------------------|----------|------------------|-------------------|---------------------------------|--------------------|----------|------------------|-------------------|
| Boys 9:10-9:20 | | | | 10 minutes / Club | Girls 9:30-9:40 | | | | 10 minutes / Club |
| Number of Swimmers | Club | Lane | Time | | Number of Swimmers | Club | Lane | Time | |
| 17 | Mallow | 1 | 9:00-9:10 | | 25 | Mallow | 1 | 9:20-9:30 | |
| 16 | Splashworld | 2 | 9:00-9:10 | | 21 | Kingfisher | 2 | 9:20-9:30 | |
| 14 | Kingfisher | 3 | 9:00-9:10 | | 20 | Dolphin | 3 | 9:20-9:30 | |
| | | | | | | | | | |
| 6 | Streamline | 4 | 9:00-9:10 | | 11 | Clonmel | 4 | 9:20-9:30 | |
| 10 | Fermoy | 4 | 9:00-9:10 | | 11 | Splashworld | 4 | 9:20-9:30 | |
| | | | | | | | | | |
| 9 | Tigersharks | 5 | 9:00-9:10 | | 9 | Streamline | 5 | 9:20-9:30 | |
| 6 | Blackrock | 5 | 9:00-9:10 | | 12 | Carrick Dippers | 5 | 9:20-9:30 | |
| Change over time at 9:10 | | | | | Change over time at 9:30 | | | | |
| 8 | Sundays Well | 1 | 9:10-9:20 | | 8 | Fermoy | 1 | 9:30-9:40 | |
| 8 | Carrick Dippers | 1 | 9:10-9:20 | | 13 | Dungarvan | 1 | 9:30-9:40 | |
| | | | | | | | | | |
| 8 | Waterford | 2 | 9:10-9:20 | | 8 | Tigersharks | 2 | 9:30-9:40 | |
| 13 | Clonmel | 2 | 9:10-9:20 | | 14 | Sundays Well | 2 | 9:30-9:40 | |
| | | | | | | | | | |
| 8 | Dungarvan | 3 | 9:10-9:20 | | 6 | Waterford | 3 | 9:30-9:40 | |
| 10 | Dolphin | 3 | 9:10-9:20 | | 14 | Blackrock | 3 | 9:30-9:40 | |
| | | | | | | | | | |
| | Sprint Lane | 4 | 9:10-9:20 | | | Sprint Lane | 4 | 9:30-9:40 | |
| | Sprint Lane | 5 | 9:10-9:20 | | | Sprint Lane | 5 | 9:30-9:40 | |

It is the responsibility of each coach to ensure their swimmers enter and leave the water as per this schedule, to ensure FAIR Access for all clubs.

Pool Clear by 9:45