

WARM UP SCHEDULE

Weekend 1 – 23, 45 & 25 January 2025 at Parkside, Cambridge – Licence No. 2ER260236

SESSION 1 23/01/2026

Warm Up: 5.30pm Start: 06.20pm

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
15 minutes	Co Cambridge				COPS			
15 minutes	Co Cambridge			Bottisham & Co Cambridge	Co Ely	Co Ely	Huntingdon	COPS
15 minutes	Co Cambridge	St Neots	St Neots	March	March & Co Ely	St Ives	St Ives	Wisbech & St Ives

8.45pm finish inc. breaks

WARM UP SCHEDULE

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SESSION 2 24/01/2026

Warm Up: 12.00pm Start: 1.10PM

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
15 minutes	Co Cambridge		Bottisham	St Neots	St Ives	Huntingdon	COPS	
15 minutes	Co Cambridge		Bottisham	St Neots	St Ives	Co Ely	COPS	
15 minutes	Co Cambridge			St Neots/ St Ives/ Co Cambridge	Wisbech	Co Ely	COPS	
15 minutes	Co Cambridge			March	March	Co Ely	COPS	

3.27pm finish inc. breaks

SESSION 3 24/01/2026

Estimated Warm Up: 4.20 pm Estimated Start: 5.25pm

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
15 minutes	Co Cambridge			March	Wisbech	Wisbech	COPS	
15 minutes	Co Cambridge			March	Co Ely	Co Ely	COPS	
15 minutes	Co Cambridge			St Ives	St Ives	Co Ely	COPS	
15 minutes	Co Cambridge	Bottisham/ Huntingdon		Huntingdon	St Neots	St Neots	COPS	

8.05pm finish inc. breaks

WARM UP SCHEDULE

Weekend 1 – 23, 45 & 25 January 2025 at Parkside, Cambridge – Licence No. 2ER260236

SESSION 4 25/01/2025

Warm Up: 12:00pm Start: 1:10pm

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
15 minutes	Co Cambridge Para-swim	Co Cambridge	Bottisham	Co Ely/ Bottisham	Co Ely	COPS/ Co Ely	COPS	
15 minutes	Co Cambridge			Wisbech	St Ives	St Ives	COPS	
15 minutes	Co Cambridge			Wisbech/ March	St Ives/ St Neots	Huntingdon	COPS	
15 minutes	Co Cambridge			March	St Neots	St Neots	COPS	

3.45pm finish inc. breaks

SESSION 5 25/01/2026

Estimated Warm Up: 4.20pm , Estimated Start: 5.25pm

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
15 minutes	Co Cambridge Para-swim	Co Cambridge		Huntingdon	Wisbech	Wisbech / COPS	COPS	
15 minutes	Co Cambridge			Huntingdon/ St Neots	St Neots	St Ives	COPS	
15 minutes	Co Cambridge			March	Co Ely	St Ives	COPS	
15 minutes	Co Cambridge		Bottisham	March	Co Ely	Co Ely	COPS	

8.10pm finish inc. breaks