

Eastbourne SC Open Meet 26th September 2026

Warm Up Teams and lanes

Coaches to supervise their own lanes.

Diving from the start end only and exit by the steps at the shallow end of the pool.

Please **DO NOT** climb over the timing pads.

Please ensure swimmers **DO NOT** kick the back rest on the starting blocks

Please finish your warm up on time. Teams to manage own swimmers warm up . You have 45 minutes for the warm up.

The boom pool maybe used for a swim down.

Gala Start 2.10pm

	1	2	3	4	5	6
1.15-2.00pm	Hastings	Hastings	Beacon	Hailsham	Eastbourne	Eastbourne

Approx time for 2nd warm up 4.40pm

Approx Session 2 start 5.30pm Conformation will be made at the end of session 1.

	1	2	3	4	5	6
4.40-5.30pm	Hastings	Hastings	Beacon	Hailsham	Eastbourne	Eastbourne

Please send all withdrawals to eastbournesc@gmail.com by 8:00pm Friday the 25th September 2026.

Last minute withdrawals on the day must be submitted by the 1st warm up for session 1 and the 2nd warm up for session 2.