**A logo for a swimming squad

Description automatically generated**

**8th BFDS Summer Open 14.7.24**

**Warm up schedule morning**

G&B 9-10 8.30-8.45 am

G&B 11-12 8.45 – 9.00

B 13+ 9.00 – 9.15

G 13+ 9.15-9.30

**Warm Up schedule afternoon**

G&B 9-10 12.40 – 12.55 pm

G&B 11-12 12.55 – 1.10

G 13+ 1.10 -1.25

B 13+ 1.25 – 1.40