

Warm-up procedure – Danish Open

Friday: 16.30-17.15
Saturday: 08.00-08.45
Sunday: 08.00-08.45

Friday: 17.15-17.50
Saturday: 08.45-09.20
Sunday: 08.45-09.20

Lane 0: Warm-up – classes S1 – S4
Lane 1: Warm-up – classes S1 – S4
Lane 2: Warm-up – classes S5 – S14
Lane 3: Warm-up – classes S5 – S14
Lane 4: Warm-up – classes S5 – S14
Lane 5: Warm-up – classes S5 – S14
Lane 6: Warm-up – classes S5 – S14
Lane 7: Warm-up – classes S5 – S14
Lane 8: Pace lane
Lane 9: Sprint lane – one way only

Lane 0: Warm-up – classes S1 – S4
Lane 1: Warm-up – classes S1 – S4
Lane 2: Warm-up – classes S5 – S14
Lane 3: Warm-up – classes S5 – S14
Lane 4: Warm-up – classes S5 – S14
Lane 5: Warm-up – classes S5 – S14
Lane 6: Warm-up – classes S5 – S14
Lane 7: Sprint lane – one way only
Lane 8: Pace lane
Lane 9: Sprint lane – one way only

Counter clockwise **ONLY!** No use of paddles during warm-up!