Future STARS Level 2 Warmup Times November 2026

Friday 20th November Session 1	
Mixed Warmup	18.00pm to 18.20pm

Saturday Morning Warmup Times Session 2	
Female 13 and Under	08.00 to 08.15am
Female 14 and Over	08.15 to 08.30am
Open/Male 13 and Under	08.30 to 08.45am
Open/Male 14 and Over	08.45 to 09.00am

Saturday Afternoon Warmup Times Session 3	
Open/Male 13 and Under	13.10 to 13.25pm
Open/Male 14 and Over	13.25 to 13.40pm
Female 13 and Under	13.40 to 13.55pm
Female 14 and Over	13.55 to 14.10pm

Sunday Morning Warmup Times Session 4	
Open/Male 13 and Under	08.00 to 08.15am
Open/Male 14 and Over	08.15 to 08.30am
Female 13 and Under	08.30 to 08.45am
Female 14 and Over	08.45 to 09.00am

Sunday Morning Warmup Times Session 5	
Female 13 and Under	13.15 to 13.30pm
Female 14 and Over	13.30 to 13.45pm
Open/Male 13 and Under	13.45 to 14.00pm
Open/Male 14 and Over	14.00 to 14.15pm

Sprint lanes will be opened in the last 5 minutes of each warmup at our discretion.