



Metro East All Junior Selection Trials

Warmup procedure

Due to pool availability restrictions, only three lanes will be available for warmup between 11:30am and 12:30am. We ask clubs to follow the below warmup roster:

11:30am – 11:50am (Circle Swimming Only)

Nunawading	Nunawading	Nunawading
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11:50am – 12:10pm (Circle Swimming Only)

Surrey Park	Surrey Park, PLC Aquatic	Ringwood, Lilydale
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12:10pm – 12:30pm (Circle Swimming Only)

Macabi Ajax, MIS	MLC Aquatic, Unattached	All other clubs
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12:30pm – 12:40pm (All swimmers)

Lane 1	Dive starts only
Lane 2	Dive starts only
Lane 3	Dive starts only
Lane 4	Dive starts only
Lane 5	Circle Swimming
Lane 6	Circle Swimming
Lane 7	Dive starts only
Lane 8	Dive starts only
Lane 9	Dive starts only
Lane 10	Dive starts only