

**Lancashire County Swimming and Water Polo Association
Age Groups and Championships 2019**

Warm Up Schedule Weekend 3 Manchester

Session 9 Saturday Morning 9th February

Warm Up	8:30 am to 8:45 am	Girls	13/Under
	8:45 am to 9:00 am	Girls	14/Over
	9:00 am to 9:15 am	Boys	14/Under
	9:15 am to 9:30 am	Boys	15/Over

Session start as soon after 9:30 am as possible, estimated finish of 12:10 pm.

Session 10 Saturday Afternoon 9th February

Warm Up	1:15 pm to 1:30 pm	Boys	14/Under
	1:30 pm to 1:45 pm	Boys	15/Over
	1:45 pm to 2:00 pm	Girls	13/Under
	2:00 pm to 2:15 pm	Girls	14/Over

Session start as soon after 2:15 pm as possible, estimated finish of 4:50 pm.

Session 11 Sunday Morning 10th February

Warm Up	8:30 am to 8:45 am	Boys	14/Under
	8:45 am to 9:00 am	Boys	15/Over
	9:00 am to 9:15 am	Girls	13/Under
	9:15 am to 9:30 am	Girls	14/Over

Session start as soon after 9:30 am as possible, estimated finish of 12:20 pm.

Session 12 Sunday Afternoon 10th February

Warm Up	1:15 pm to 1:30 pm	Girls	13/Under
	1:30 pm to 1:45 pm	Girls	14/Over
	1:45 pm to 2:00 pm	Boys	14/Under
	2:00 pm to 2:15 pm	Boys	15/Over

Session start as soon after 2:15 pm as possible, estimated finish of 5:00 pm.

Please note the diving pit will be available for warm up/swim down all weekend.