

**Lancashire County Swimming and Water Polo Association  
Age Groups and Championships 2017**

**Warm up Schedule Weekend 1 Manchester**

**Session 1 Saturday Morning 28<sup>th</sup> January**

Warm Up      8.00 am to 8.15 am Boys 13/Under  
                  8.15 am to 8.30 am Boys 14/Over  
                  8.30 am to 8.45 am Girls 13/Under Lanes 4 to 8  
                  8.30 am to 9.00 am Girls 800 free lanes 1 to 3  
                  8.45 am to 9.00 am Girls 14/Over Lanes 4 to 8

Session start as soon after 9.00 as possible

**Session 2 Saturday Afternoon 28<sup>th</sup> January**

Warm Up      1.15 pm to 1.30 pm Girls 12/Under  
                  1.30 pm to 1.45 pm Girls 13/14  
                  1.45 pm to 2.00 pm Girls 15/Over  
                  2.00 pm to 2.15 pm Boys 200 Fly

Session Start as soon after 2.15 as possible

**Session 3 Sunday Morning 29<sup>th</sup> January**

Warm Up      8.00 am to 8.15 am Girls 13/Under  
                  8.15 am to 8.30 am Girls 15/Over  
                  8.30 am to 8.45 am Boys 13/Under Lanes 4 to 8  
                  8.30 am to 9.00 am Boys 1500 Free Lanes 1 to 3  
                  8.45 am to 9.00 am Boys 14/Over Lanes 4 to 8

Session start as soon after 9.00 as possible

**Session 4 Sunday Afternoon 29<sup>th</sup> January**

Warm Up      2.15 pm to 2.30 pm Boys 12/Under  
                  2.30 pm to 2.45 pm Boys 13/14  
                  2.45 pm to 3.00 pm Boys 15/Over  
                  3.00 pm to 3.15 pm Girls 200 Fly

Session Start as soon after 3.15 as possible

**Please note the diving pit will be available for warm up/swim down all weekend including Sunday afternoon as the diving club will not be training.**