**Lancashire County Swimming and Water Polo Association**

**Age Groups and Championships 2017**

**Warm Up Schedule Weekend 2 Manchester**

**Session 5 Saturday Morning 4 February**

Warm Up 8.00 am to 8.15 am Girls 13/Under

8.15 am to 8.30 am Girls 14/Over

8.30 am to 8.45 am Boys 13/Under

8.45 am to 9.00 am Boys 14/Over

Session start as soon after 9.00 am as possible.

**Session 6 Saturday Afternoon 4 February**

Warm Up 2.15 pm to 2.30 pm Girls 13/Under

2.30 pm to 2.45 pm Girls 14/Over

2.45 pm to 3.00 pm Boys 13/Under

3.00 pm to 3.15 pm Boys 14/Over

Session start as soon after 3.15 pm as possible

**Session 7 Sunday Morning 5 February**

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

8.45 am to 9.00 am Girls 14/Over

Session start as soon after 9.00 am as possible.

**Session 8 Sunday Afternoon 5 February**

Warm Up 2.15 pm to 2.30 pm Boys 13/Under

2.30 pm to 2.45 pm Boys 14/Over

2.45 pm to 3.00 pm Girls 13/Under

3.00 pm to 3.15 pm Girls 14/Over

Session start as soon after 3.15 pm 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.**