**Lancashire County Swimming and Water Polo Association**

**Age Groups and Championships 2018**

 **Warm up Schedule Weekend 1 Liverpool**

**Session 1 Saturday Morning 20th January**

Warm Up 8.00 am to 8.40 am Girls 800 Free Lanes 1 to 5

 8.00 am to 8.20 am Boys 12/13/14 400IM Lanes 6 to 8

 8.20 am to 8.40 am Boys 15/Over 400IM Lanes 6 to 8

 8.40 am to 9.00 am Girls 11/12/13 200 Breaststroke

9.00 am to 9.20 am Girls 14/Over 200 Breaststroke

**Session start as soon after 9.20 am as possible**

**Session 2 Saturday Afternoon 20th January**

Warm Up 1.00 pm to 1.40 pm Boys 1500 Free lanes 1 to4

 1.00 pm to 1.20 pm Girls 12/13/14 400 IM Lanes 5 to 8

 1.20 pm to 1.40 pm Girls 15/Over 400 IM Lanes 5 to 8

 1.40 pm to 2.00 pm Boys 200 Breaststroke

**Session Start as soon after 2.00 pm as possible**