**Lancashire County Swimming and Water Polo Association**

**Age Groups and Championships 2018**

**Warm Up Schedule Weekend 3 Manchester**

**Session 7 Saturday Morning 3 February**

Warm Up 8.00 am to 8.15 am Boys 14/Under

8.15 am to 8.30 am Boys 15/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 Saturday Afternoon 3 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 14/Under

2.00 pm to 2.15 pm Girls 15/Over

Session start as soon after 2.15 pm as possible

**Session 9 Sunday Morning 4 February**

Warm Up 8.00 am to 8.15 am Girls 14/Under

8.15 am to 8.30 am Girls 15/Over

8.30 am to 8.45 am Boys 14/Under

8.45 am to 9.00 am Boys 15/Over

Session start as soon after 9.00 am as possible.

**Session 10 Sunday Afternoon 4 February**

Warm Up 1.15 pm to 1.30 pm Girls 14/Under

1.30 pm to 1.45 pm Girls 15/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

**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 until 6pm**