

British Gas Lancashire County Championships 2013

Session Times

MANCHESTER 9/10 March 2013

Session 1 Warm up 8.30am - 8.45am Girls 9-12 years
 8.45 am - 9.00 am Girls 13/Over
 9.00 am - 9.15 am Boys 9-12 years
 9.15 am – 9.30 pm Boys 13/Over
 Session Start 9.45 am Estimated Finish 1.15 pm

Session 2 Warm up 2.00 pm-2.15 pm Boys 9-12 years
 2.15 pm-2.30 pm Boys 13/Over
 2.30 pm-2.45 pm Girls 9-12 years
 2.45 pm-3.00 pm Girls 13/Over
 Session Start 3.05pm Estimated Finish 5.55.pm

Session 3 Warm up 8.30am - 8.45am Boys 9-12 years
 8.45 am - 9.00 am Boys 13/Over
 9.00 am - 9.15 am Girls 9-12 years
 9.15 am – 9.30 pm Girls 13/Over
 Session Start 9.45 am Estimated Finish 1.10 pm

Session 4 Warm up 2.00 pm-2.15 pm Girls 9-12 years
 2.15 pm-2.30 pm Girls 13/Over
 2.30 pm-2.45 pm Boys 9-12 years
 2.45 pm-3.00 pm Boys 13/Over
 Session Start 3.05pm Estimated Finish 6.20pm

The diving pit will be available for warm up and swim down

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Session Times

LIVERPOOL 16/17 March 2013

Session 5 Warm up 8.15 am - 8.30 am Girls 9-11 years excluding 800m
8.30 am - 8.45 am Girls 12/Over excluding 800m
8.45 am - 9.00 am Boys 400 I.M.
9.00 am – 9.25 am Girls 800m
Session Start 9.30 am Estimated Finish 12.15pm

Session 6 Warm up 1.00 pm - 1.15 pm Boys 9-12 years
1.15 pm - 1.30 pm Boys 13/Over
1.30 pm - 1.45 pm Girls 9-12 years
1.45 pm - 2.00 pm Girls 13/Over
Session Start 2.00 pm Estimated Finish 5.30 pm

Session 7 Warm up 8.15 am - 8.30 am Boys 9-11 years excluding 1500m
8.30 am – 8.45 am Boys 12/Over excluding 1500m
8.45 am – 9.00 am Girls 12/13 years
9.00 am – 9.15 am Girls 14/Over Lanes 1-4
9.00 am – 9.25 pm Boys 1500m Lanes 5-8
Session Start 9.30 am Estimated Finish 12.20 pm

Session 8 Warm up 1.00 pm - 1.15 pm Girls 9-12 years
1.15 pm - 1.30 pm Girls 13/Over
1.30 pm - 1.45 pm Boys 9-12 years
1.45 pm - 2.00 pm Boys 13/Over
Start 2.00 pm Estimated Finish 5.20 pm

The small teaching pool will be available for warm up and swim down