**Lancashire County Swimming and Water Polo Association**

**Age Groups and Championships 2019**

**Warm Up Schedule Weekend 3 Manchester**

 **Session 9 Saturday Morning 9th February**

Warm Up 8:30 am to 8:45 am Girls 13/Under

 8:45 am to 9:00 am Girls 14/Over

 9:00 am to 9:15 am Boys 14/Under

 9:15 am to 9:30 am Boys 15/Over

Session start as soon after 9:30 am as possible, estimated finish of 12:10 pm.

**Session 10 Saturday Afternoon 9th 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 13/Under

 2:00 pm to 2:15 pm Girls 14/Over

Session start as soon after 2:15 pm as possible, estimated finish of 4:50 pm.

**Session 11 Sunday Morning 10th February**

Warm Up 8:30 am to 8:45 am Boys 14/Under

 8:45 am to 9:00 am Boys 15/Over

 9:00 am to 9:15 am Girls 13/Under

 9:15 am to 9:30 am Girls 14/Over

Session start as soon after 9:30 am as possible, estimated finish of 12:20 pm.

**Session 12 Sunday Afternoon 10th February**

Warm Up 1:15 pm to 1:30 pm Girls 13/Under

 1:30 pm to 1:45 pm Girls 14/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, estimated finish of 5:00 pm.

**Please note the diving pit will be available for warm up/swim down all weekend.**