Lancashire County Swimming and Water Polo Association

Age Groups and Championships 2015

 Warm up Schedule

Saturday Morning 28th 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 Lanes 5 to 8

 8.45 am to 9.00 am Girls 14/Over Lanes 5 to 8

 8.30 am to 9.00 am Girls 800 free lanes 1 to 3

Saturday Afternoon 28th February

Warm Up 1.30 pm to 1.45 pm Girls 12/Under

 1.45 pm to 2.00 pm Girls 13/14

 2.00 pm to 2.15 pm Girls 15/Over

 2.15 pm to 2.30 pm Boys 200 Fly

Sunday Morning 1st March

Warm Up 8.00 am to 8.15 am Girls 13/Under

 8.15 am to 8.30 am Girls 15/Over

 8.30 am to 8.45 am Boys 14/Under Lanes 5 to 8

 8.45 am to 9.00 am Boys 15/Over Lanes 5 to 8

 8.30 am to 9.00 am Boys 1500 Free Lanes 1 to 3

Sunday Afternoon 1st March

Warm Up 1.30 pm to 1.45 pm Boys 12/Under

 1.45 pm to 2.00 pm Boys 13/14

 2.00 pm to 2.15 pm Boys 15/Over

 2.15 pm to 2.30 pm Girls 200 Fly

The small training pool will be available for warm up and swim down all day