

**Lancashire County Swimming and Water Polo Association
Age Groups and Championships 2019**

Warm up Schedule Weekend 2 Liverpool

Day 3 Saturday Morning 2nd February

Warm Up 8.30 am to 9.00 am Girls 800 Free
 9.00 am to 9.15 am Boys 10/14 200m Breaststroke
 9.15 am to 9.30 am Boys 15/Over 200m Breaststroke

Session start as soon after 9.30 am as possible Est finish 11.40

Day 3 Saturday Afternoon 2nd February

Warm Up 12.15 pm to 12.30 pm Girls 10/13
 12.30 pm to 12.45 pm Girls 14/Over
 12.45 pm to 1.00 pm Boys 10/14
 1.00 pm to 1.15 pm Boys 15/Over

Session Start as soon after 1.15 pm as possible Est finish 4.20

Day 4 Sunday Morning 3rd February

Warm Up 8.30 am to 9.00 am Boys 1500m Free
 9.00 am to 9.15 am Girls 10/14 200m Breaststroke
 9.15 am to 9.30 am Girls 15/Over 200m Breaststroke

Session start as soon after 9.30 am as possible Est Finish 12.50

Day 4 Sunday Afternoon 3rd February

Warm Up 1.45 pm to 2.00 pm Boys 11/14
 2.00 pm to 2.15 pm Boys 15/Over
 2.15 pm to 2.30 pm Girls 10/14
 2.30 pm to 2.45 pm Girls 15/Over

Session Start as soon after 2.45 pm as possible Est Finish 5.15