**Lancashire County Swimming and Water Polo Association**

**Age Groups and Championships 2019**

**Warm Up Schedule Weekend 1 Manchester**

 **Session 1 Saturday Morning 26 January**

Warm Up 8.15 am to 8.30 am Girls 14/Under

 8.30 am to 8.45 am Girls 15/Over

 8.45 am to 9.00 am Boys 14/Under

 9.00 am to 9.15 am Boys 15/Over

Session start as soon after 9.15 am as possible.

**Session 2 Saturday Afternoon 26 January**

Warm Up 1.30 pm to 1.45 pm Girls 14/Under

 1.45 pm to 2.00 pm Girls 15/Over

 2.00 pm to 2.15 pm Boys 14/Under

 2.15 pm to 2.30 pm Boys 15/Over

Session start as soon after 2.30 pm as possible

**Session 3 Sunday Morning 27 January**

Warm Up 8.15 am to 8.30 am Boys 14/Under

 8.30 am to 8.45 am Boys 15/Over

 8.45 am to 9.00 am Girls 14/Under

 9.00 am to 9.15 am Girls 15/Over

Session start as soon after 9.15 am as possible.

**Session 4 Sunday Afternoon 27 January**

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

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