

Warm up times

Saturday

Session 1

1.15-1.30pm – Girls from Clubs A-C

1.30-1.45pm – Girls from Clubs F-S

1.45-2.00pm – Girls from Clubs T-W

2.00-2.15pm – All Boys age 9-12

2.15-2.30pm – All Boys age 13+

Racing from 2.30pm

The last 5 mins of each warm up
will have dive lanes in 1-3 & 6-8

Each warm up has been split to
average 9 swimmers per lane

Warm up times

Sunday

Session 2

8.30-8.45am – All Boys age 9-12

8.45-9.00am – All Boys age 13+

9.00-9.15am – Girls from group 1

9.15-9.30am – Girls from group 2

9.30-9.45am – Girls from group 3

Racing from 9.45am

Session 3

1.45-2.00pm – All Boys age 9-12

2.00-2.15pm – All Boys age 13+

2.15-2.30pm – Girls from group 1

2.30-2.45pm – Girls from group 2

2.45-3.00pm – Girls from group 3

Racing from 3.00pm

The last 5 mins of each warm up will have dive lanes in 1-3 & 6-8

Each warm up has been split carefully to average 9 swimmers per lane

Group 1 – Altrincham, Aquabears, Ashton Central, Atherton, Bolton

Group 2 – Bury, Chadderton, Flixton, Horwich, Howe Bridge, Oldham, ORCA, Radcliffe, Stretford

Group 3 – Swinton, Trafford Metro, Tyldesley, Wigan