

Arena Manchester SnowPen Meet 2023

Warm Up Schedule

Session 1

07.55am to 08.10am	Female	Clubs Aquabears to City of Manchester Aquatics
08.10am to 08.25am	Female	Clubs Halton to Wigan Best
08.25am to 08.40am	Open/Male	Clubs Aquabears to City of Manchester Aquatics
08.40am to 08.55am	Open/Male	Clubs Halton to Wigan Best

Session 2

12.55pm to 01.10pm	Open/Male	Clubs Aquabears to City of Manchester Aquatics
01.10pm to 01.25pm	Open/Male	Clubs Halton to Wigan Best
01.25pm to 01.40pm	Female	Clubs Aquabears to City of Manchester Aquatics
01.40pm to 01.55pm	Female	Clubs Halton to Wigan Best

Session 3

07.55am to 08.10am	Open/Male	Clubs Halton to Wigan Best
08.10am to 08.25am	Open/Male	Clubs Aquabears to City of Manchester Aquatics
08.25am to 08.40am	Female	Clubs Halton to Wigan Best
08.40am to 08.55am	Female	Clubs Aquabears to City of Manchester Aquatics

Session 4

12.55pm to 01.10pm	Female	Clubs Halton to Wigan Best
01.10pm to 01.25pm	Female	Clubs Aquabears to City of Manchester Aquatics
01.25pm to 01.40pm	Open/Male	Clubs Halton to Wigan Best
01.40pm to 01.55pm	Open/Male	Clubs Aquabears to City of Manchester Aquatics

Clubs

Group 1

Aquabears
BUC
Carnforth
Chadderton
Co Coventry
Co Liverpool
Co Manchester Aq

Group 2

Halton
Prescot
Stockport Mo
Taunton Deane
Trojan
Wigan
Wigan BEST

During each section of Warm Up, one way sprint lanes will be made available.

The dive pit will also be available throughout the session for warm-up and swim-down.

Coaches and Team Managers are directly responsible for the supervision and instruction of their swimmers during all designated warm ups.