

Warm Up North Lancs Weekend 2

Session 5 – PLEASE NOTE THE LANES FOR 800/1500 FREE

8:15 – 8:35 12/13/14/15 over Girls **NOT** swimming 800 Free

8:35 – 8:55 **Lanes 1 – 3 800 Free Girls**

Lanes 4 – 8 9/10/11 Girls (not 800 Free)

8:55 – 9:15 **Lanes 1 – 3 800 Free Girls**

Lanes 4 – 5 1500 Free Boys

Lanes 6 – 8 11/12 Boys (NOT 1500 Free)

9:15 – 9:35 **Lanes 1 – 3 800 Free Girls**

Lanes 4 – 5 1500 Free Boys

Lanes 6 – 8 13/14 Boys (not 1500 Free)

9:35 – 9:55 Lanes 1 – 3 **9/10 Boys (not 1500 Free)**

Lanes 4 – 5 1500 Free Boys

Lanes 6 – 8 15/over Boys (not 1500 Free)

Session 6

1:15 – 1:30 9 – 12 Boys

1:30 – 1:45 13/over Boys

1:45 – 2:00 9/10/11 Girls

2:00 – 2:15 12/13 Girls

2:15 – 2:30 14/over Girls

Session 7

8:15 – 8:35 9/10/11 Girls

8:35 – 8:55 12/13 Girls

8:55 – 9:15 14/over Girls

9:15 – 9:35 9 – 12 Boys

9:35 – 9:55 13/over Boys

Squadrons Warm Up - each club competing will be allocated a lane for warm up.