

North Lancs Swimming & Water Polo Association
Age Group & Championships 2024

Withdrawals must be made on an official withdrawal form (available at the pool) or to Janice Whittle by text to mobile number **07951 652410** on from Thursday 3rd October.
To help the event run smoothly withdrawals must be made no later than 60 minutes before the start of a session.

Please withdraw in time to avoid empty lanes.

Warm Up Session 5	8:30 - 9:00 am - Mixed 1500 m	3 lanes
	8:30 – 8:45 am – Girls 9/10/11 years	5 Lanes
	8:45 – 9:00 am – Girls 12/over	5 lanes
	9:00 – 9:15 am – Boys 9/10/11 years	All Lanes
	9:15 – 9:30 am – Boys 12/over	All Lanes

Start as soon after 9:30 am as possible.

Warm Up Session 6	1:00 – 1:15 pm – Girls 9/10/11 years
	1:15 – 1:30 pm – Girls 12/over
	1:30 – 1:45 pm – Boys 9/10/11 years
	1:45 – 2:00 pm – Boys 12/over

Start as soon after 2:00 pm as possible.

Swimmers are under the supervision of their coaches and team managers.

- Swimmers will be marshalled in the area near the changing village.
- **No photography in the facility (centre policy)**
- **No phones in the changing room area (applies to everyone)**
- No parents/carers allowed in the changing rooms.
- There is a training session taking place prior to the gala.
- Coaches and poolside personnel will be able to access poolside at 8:10 am.
- Please advise your swimmers and parents/carers not to arrive too soon.
No need to arrive before 8:00 am

Janice Whittle