

North Lancs Swimming & Water Polo Association
Age Group & Championships 2025

Withdrawals must be made on an official withdrawal form (available at the pool) or to Janice Whittle by text to mobile number **07951 652410** from Thursday 2nd 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	8:15 - 8:30 am - Mixed 1500 m
	8:30 - 8:45 am – Girls 9/10/11 years
	8:45 – 9:00 am – Girls 12/over
	9:00 – 9:15 am – Boys 9/10/11 years
	9:15 – 9:30 am – Boys 12/over

Start as soon after 9:30 am as possible.

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

Start as soon after 2:30 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 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 8:00 am.
- Please advise your swimmers and parents/carers not to arrive too soon.

Janice Whittle