

Burnley Bobcats Last Chance for Counties Meet 2023

Warm Up Schedule

Fri 6th Jan - Session 1 – All Boys – Lanes 1 - 4 – warm up from 5.30 pm to 5.55pm

Fri 6th Jan - Session 1 – All Girls – Lanes 5 - 8 – warm up from 5.30 pm to 5.55pm

Sat 7th Jan - Session 2 - Boys – Group A – warm up from 7.40 am to 7.55 am

Sat 7th Jan - Session 2 - Boys – Group B – warm up from 7.55 am to 8.10 am

Sat 7th Jan - Session 2 - Girls – Group C – warm up from 8.10 am to 8.25 am

Sat 7th Jan - Session 2 - Girls – Group D – warm up from 8.25 am to 8.40 am

Sat 7th Jan - Session 2 - Girls – Group E – warm up from 8.40 am to 8.55 am

Sat 7th Jan - Session 3 - Girls – Group D – warm up from 12.40 pm to 12.55 pm

Sat 7th Jan - Session 3 - Girls – Group E – warm up from 12.55 pm to 1.10 pm

Sat 7th Jan - Session 3 - Girls – Group C – warm up from 1.10 pm to 1.25 pm

Sat 7th Jan - Session 3 - Boys – Group B – warm up from 1.25 pm to 1.40 pm

Sat 7th Jan - Session 3 - Boys – Group A – warm up from 1.40 pm to 1.55 pm

Sun 8th Jan - Session 4 - Girls – Group F – warm up from 7.40 am to 7.58 am

Sun 8th Jan - Session 4 - Girls – Group G – warm up from 7.58 am to 8.16 am

Sun 8th Jan - Session 4 - Boys – Group A – warm up from 8.16 am to 8.34 am

Sun 8th Jan - Session 4 - Boys – Group B – warm up from 8.34 am to 8.52 am

Sun 8th Jan - Session 5 - Boys – Group B – warm up from 12.40 pm to 12.58 pm

Sun 8th Jan - Session 5 - Boys – Group A – warm up from 12.58 pm to 1.16 pm

Sun 8th Jan - Session 5 - Girls – Group G – warm up from 1.16 pm to 1.34 pm

Sun 8th Jan - Session 5 - Girls – Group F – warm up from 1.34 pm to 1.55 pm

See Page 2 for the Clubs in each Group

For Sessions 2 – 5 the Lanes 1 – 4 are to be available only to swimmers 12 years and under

At some stage in each warm up sprint lanes will be made available

Coaches – Please supervise your swimmers during the warm ups

Sat and Sun	Sat and Sun	Saturday	Saturday	Saturday	Sunday	Sunday
Group A - Boys	Group B - Boys	Group C - Girls	Group D - Girls	Group E - Girls	Group F - Girls	Group G - Girls
Aquabears	Chorley Marl	Aquabears	Burnley BOBC	Harrogate	Aquabears	Co Liverpool
Ashton Cent	Clitheroe	Ashton Cent	Bury & Elton	Howe Bridge	Ashton Cent	Co Manch Aq
Ather & Leig	Co Manch Aq	Ather & Leig	Carnforth	Io Man	Ather & Leig	Co Salford
Bingley	Co Salford	Bingley	Chorley Marl	Lancaster	Bingley	Fleetwood
Blackburn	Crosby	Blackburn	Clitheroe	Leyland Barr	Blackburn	Gt Harwood
Blackpool Aq	Fleetwood	Blackpool Aq	Co Liverpool	LiverpoolPen	Blackpool Aq	Harrogate
Bo Kirklees	Gt Harwood	Bo Kirklees	Co Manch Aq	Oldham Aqua	Bo Kirklees	Howe Bridge
Bolton Metro	Harrogate	Bolton Metro	Co Salford	Pioneer 79	Bolton Metro	Io Man
Burnley BOBC	Howe Bridge		Fleetwood	Preston	Burnley BOBC	Lancaster
Bury & Elton	Io Man		Gt Harwood	Settle Srays	Bury & Elton	Leyland Barr
Carnforth	Lancaster			Skipton	Carnforth	LiverpoolPen
	LiverpoolPen			Spinkhill	Chorley Marl	Oldham Aqua
	Oldham Aqua			Wigan	Clitheroe	Pioneer 79
	Pioneer 79					Preston
	Preston					Settle Srays
	Settle Srays					Skipton
	Skipton					Spinkhill
	Spinkhill					Wigan
	Wigan					

20th December 2022