

NORTH LANCS LEVEL 2 WARM UP WEEKEND 1

Session 1

8:15 – 8:33	9/12 Boys
8:33 – 8:51	13/over Boys
8:51 – 9:09	9/12 Girls
9:09 – 9:27	13/over Girls

Session 2

1:30 – 1:45	9/12 Girls
1:45 – 2:00	13/over Girls
2:00 – 2:15	9/12 Boys
2:15 – 2:30	13/over Boys

Session 3

8:15 – 8:33	9/12 Girls
8:33 – 8:51	13/over Girls
8:51 – 9:09	9/12 Boys
9:09 – 9:27	13/over Boys

Session 4

1:30 – 1:45	9/12 Boys
1:45 – 2:00	13/over Boys
2:00 – 2:15	9/12 Girls
2:15 – 2:30	13/over Girls

NORTH LANCS LEVEL 2 WARM UP WEEKEND 2

Session 5

8:15 – 8:33	9/12 Boys
8:33 – 8:51	Lanes 1 – 5 13/over Boys Lanes 6 – 8 Girls 800m Freestyle swimmers
8:51 – 9:27	Girls 800m Freestyle swimmers

Session 6

NB – EARLIER WARM UP

12:30 – 12:45	9/12 Girls
12:45 – 1:00	13/over Girls
1:00 – 1:15	9/12 Boys
1:15 – 1:30	13/over Boys

Session 7

8:15 – 8:33	9/12 Girls
8:33 – 8:51	Lanes 1 – 5 13/over Girls Lanes 6 – 8 Boys 1500m Freestyle swimmers
8:51 – 9:27	Boys 1500m Freestyle swimmers

Session 8

NB – EARLIER WARM UP

12:30 – 12:45	9/12 Boys
12:45 – 1:00	13/over Boys
1:00 – 1:15	9/12 Girls
1:15 – 1:30	13/over Girls