

## **Cheshire County Age Group Championships**

### **Warm Up Schedule – Weekend 2**

*Due to a large number of swimmers competing in some sessions we have had to split the warm up's to comply with the swimming pools capacity requirements. Sprint lanes will be called roughly 8-10 minutes into each session.*

*N.B. The small pool will be open following each warm up for further swimming if required.*

<b>SATURDAY 31<sup>st</sup> January 2026– SESSION 5</b>	
12.45pm-1.03pm – Open/Male	50 Breast - 10/14yrs
1.04pm-1.22pm - Open/Male	50 Breast - 15/Over
1.23pm -1.43pm - Female:	1500 Free - Lanes 1-4
1.23pm- 1.43pm - Open/Male	1500 Free - Lanes 5- 8

<b>SATURDAY 31<sup>st</sup> January 2026 – SESSION 6</b>	
5.00pm- 5.17pm – Female	10/14yrs
5.18pm–5.36pm – Female	15/Over
5.37pm -5.54pm – Open/Male	10/15yrs
5.55pm -6.13pm – Open/Male	16/Over

<b>SUNDAY 1<sup>st</sup> FEBRUARY 2026 – SESSION 7</b>	
9.30am- 9.47am – Female	10/14yrs
9.48am- 10.06am – Female	15/Over
10.07am-10.24am - Open/Male	Lane 1: 10-11yrs Lanes 2-8:
10.25am-10.43am – Open/Male	16/ Over

<b>SUNDAY 1<sup>ST</sup> FEBRUARY 2026 – SESSION 8</b>	
1.30pm – 1.47pm - Female	10/14yrs
1.48pm – 2.06pm – Female	15/Over
2.07pm- 2.24pm – Open/Male	10/15yrs
2.25pm – 2.43pm – Open/Male	16/Over

## Important Information

### General Warm Up

1. **No diving:** feet first entry only.
2. The Lane direction is viewed from the **DEEP END** of the pool-Lanes 1-3-5-7 swim **CLOCKWISE**. Lanes 2-4-6-8 swim **ANTI-CLOCKWISE**.
3. **Sprint lanes** will be lanes **1-2- for backstroke starts only**, 6-7-8 for all other starts when called. Additional lanes will be opened as they are needed. Racing starts from starting end only, swimming one length with turn if desired and exit from the pool.
4. **It is the Coaches responsibility to supervise their swimmers during the warm up.**