

Cheshire County Age Group Championships

Warm Up Schedule – Weekend 3

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.

SATURDAY 7th February 2026 – SESSION 9			
12.45pm-1.02pm	Open/Male	10-15yrs	
1.03pm-1.21pm	Open Male	16& Over	
1.22pm- 1.39pm	Female	10-14yrs	
1.40pm-1.58pm	Female	15& Over	

SATURDAY 7th February 2026 – SESSION 10			
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	

SUNDAY 8th February 2026 – SESSION 11			
9.00 am- 9.17am	Open/Male	10- 15 yrs	
9.18am- 9.36am	Open/Male	16&Over	
9.37am- 9.55am	Female	10-14yrs	
9.56am-10.13am	Female	15&Over	

SUNDAY 8th FEBRUARY 2026 – SESSION 12			
1.45pm-2.02pm	Lanes 1-4 Female	10/2yrs:	Lanes 5-8 Male 10/12yrs
2.03pm-2.21pm	Lanes 1-4 Female	13/14yrs:	Lanes 5-8 Male 13/14yrs
2.21pm-2.38pm	Lanes 1-4 Female	15/16yrs:	Lanes 5-8 Male 15/16yrs
2.39pm-2.58pm	Lanes 1-4 Female	Open	Lanes 5-8 Male Open

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.**