

Cheshire County Age Group Championships

Warm Up Schedule – Weekend 1

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 24th January 2026 – SESSION 1			
12.45pm –1.02pm	Female	Lanes 1-2: 10-12yrs:	Lanes 3-8: 13-14yrs
1.03 pm –1.21pm	Female	Lanes 1-8	15yrs - Open
1.22 pm -	1.39pm	Female	Lanes 1-8 800m Free
1.40 pm-	1.59pm	Open/Male	Lanes 1-8 800m Free

SATURDAY 24th January 2026 – SESSION 2			
5.00pm- 5.17pm	Open/Male	Lanes 1-4: 10-13yrs	Lanes 5-8: 14-15yrs
5.18pm-5.36pm	Open/Male	16-Open	
5.37pm-5.54pm	Female	10-14yrs	
5.55pm-6.13pm	Female	15- Open	

SUNDAY 25th January 2026 – SESSION 3			
9.30am – 9.47am	Female	10-14yrs	
9.48am- 10.06am	Female	15- Over	
10.07am- 10.24am	Open/Male	10 –15yrs	
10.25am- 10.43am	Open/Male	15-Over	

SUNDAY 25th January 2026 – SESSION 4			
1.15pm-1.32pm	Open/Male	10-14yrs	
1.33pm-1.51pm	Open/Male	15-Over	
1.52pm-2.09pm	Female	10-13yrs	
2.10pm-2.28pm	Female	14-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** 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.
3. **It is the Coaches responsibility to supervise their swimmers during the warm up.**