

## Saturday, 8th February 2025

- **NOTE EARLIER START TIME** for Session 7

### Session 7

Please note Diving Pit not accessible till after 8.00am, as this used by Manchester Aquatics for training.

- **Warm-up:**
  - 7:30am – 7:45am: Female 14 & Under
  - 7:45am – 8:00am: Female 15 & Over
  - 8:00am – 8:15am: Open/Male 14 & Under
  - 8:15am – 8:30am: Open/Male 15 & Over
- **Start Time:** 8:30am

### Session 8

- **Warm-up:**
  - 12:00pm – 12:20pm: All Female 1500m swimmers
- **Start Time:** 12:20pm

### Session 9

- **Warm-up:**
  - 2:15pm – 2:30pm: Female 14 & Under
  - 2:30pm – 2:45pm: Female 15 & Over
  - 2:45pm – 3:00pm: Open/Male 14 & Under
  - 3:00pm – 3:15pm: Open/Male 15 & Over
- **Start Time:** 3:15pm

## Sunday, 9th February 2025

### Session 10

- **Warm-up:**
  - 8:00am – 8:15am: Open/Male 14 & Under
  - 8:15am – 8:30am: Open/Male 15 & Over
  - 8:30am – 8:45am: Female 14 & Under
  - 8:45am – 9:00am: Female 15 & Over
- **Start Time:** 9:00am

### Session 11

- **Warm-up:**
  - 11:50am – 12:10pm: All Open/Male 1500m swimmers
- **Start Time:** 12:10pm

### Session 12

- **Warm-up:**
  - 1:45pm – 2:00pm: Open/Male 14 & Under
  - 2:00pm – 2:15pm: Open/Male 15 & Over
  - 2:15pm – 2:30pm: Female 14 & Under
  - 2:30pm – 2:45pm: Female 15 & Over
- **Start Time:** 2:45pm