

# **ARENA Manchester Open Meet**

**10 -12 May 2024**

## **Warm-Up Schedule**

Note: Please be advised, the dive pit will not be available for warm-up and cooldown during Session 1 on Friday 10<sup>th</sup> May. There will be two warm-ups: one for the 1500m Freestyle competitors at 17:00, and a second for a simultaneous cool-down and warm-up at 18:45.

**Please note: no fins or paddles are to be worn in the main pool during warm-up**

Fins and paddles are acceptable in the Dive Pit throughout all sessions.

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## **Warm-Up Schedule**

### **Friday 10<sup>th</sup> May     Session 1**

1500m - Warm up at 5.00pm - Finish 5.20pm

800m - Warm up and 1500m swim down at 6.45pm – Finish at 7.05pm

### **Saturday 11<sup>th</sup> May Session 2**

7.40am – 8.00am    Open/Male    10 -14 yrs

8.00am – 8.20am    Open/Male    15 yrs and over

8.20am – 8.40am    Female        10 – 14 yrs

8.40am – 9.00am    Female        15 yrs and over

### **Saturday 11<sup>th</sup> May Session 3**

12.50pm – 1.10pm   Female        10 – 14 yrs

1.10pm – 1.30pm    Female        15 yrs and over

1.30pm – 1.50pm    Open/Male    10 -14 yrs

1.50pm – 2.10pm    Open/Male    15 yrs and over

### **Sunday 12<sup>th</sup> May Session 4**

7.40am – 8.00am    Female        10 -14 yrs

8.00am – 8.20am    Female        15 yrs and over

8.20am – 8.40am    Open/Male    10 – 14 yrs

8.40am – 9.00am    Open/Male    15 yrs and over

### **Sunday 12<sup>th</sup> May Session 5**

12.50pm – 1.10pm   Open/Male    10 – 14 yrs

1.10pm – 1.30pm    Open/Male    15 yrs and over

1.30pm – 1.50pm    Female        10 -14 yrs

1.50pm – 2.10pm    Female        15 yrs and over