

ARENA Manchester Open Meet

9th, 10th and 11th May 2025

Warm Up Schedule

Session 1:

Mixed warm-up: 16:30 to 17:00

1500s to Start at 1700

Following the conclusion of the 1500's there will be a second warm-up/cooldown period, starting no earlier than 1830.

Second Mixed Warm-up: 18:30 to 18:45

800s Start at 1845

There will be no Dive Pit available during this session

Session 2:

Male 14/Under 0730 to 0750

Male 15/Over 0750 to 0810

Female 14/Under 0810 to 0830

Female 15/Over 0830 to 0850

Start: 0900

Session 3:

Female 14/Under: 1330 to 1350

Female 15/Over: 1350 to 1410

Male 14/Under 1410 to 1430

Male 15/Over 1430 to 1450

Start: 1500

Session 4:

Female 14/Under 0730 to 0750

Female 15/Over 0750 to 0810

Male 14/Under 0810 to 0830

Male 15/Over 0830 to 0850

Start 0900

Session 5:

Male 14/Under 1330 to 1350

Male 15/Over 1350 to 1410

Female 14/Under 1410 to 1430

Female 14/Over 1430 to 1450

Start 1500