

Manchester Winter Qualifiers Warm-Up Schedule

Session 1	
Mixed Warm -up	16:45 to 17:10
Mixed Warm-up/Swim-down	After 1500m Freestyle – 15 mins
Session 2a	
Female Warm-up	08:00 to 08:25
Open/Male Warm-up	08:25 to 08:50
Session 2b	
Female Warm-up	11:25 to 11:50
Open/Male Warm-up	11:50 to 12:15
Session 3	
Female Warm-up	16:00 to 16:25
Open/Male Warm-up	16:25 to 16:50
Session 4a	
Open/Male Warm-up	08:00 to 08:25
Female Warm-up	08:25 to 08:50
Session 4b	
Open/Male Warm-up	11:25 to 11:50
Female Warm-up	11:50 to 12:15
Session 5	
Open/Male Warm-up	16:00 to 16:25
Female Warm-up	16:25 to 16:50