

ARENA Manchester Non-National Meet (50m)

11th and 12th July 2026

Warm-Up Schedule

Saturday 11th July Session 1 - Start at 9.00am

7.50am – 8.05am	Female	12 years and under
8.05am – 8.20am	Female	13 years and over
8.20am – 8.35am	Open/Male	12 years and under
8.35am – 8.50am	Open/Male	13 years and over

Saturday 11th July Session 2 - Start at 2.150pm

1.15pm – 1.30pm	Open/Male	12 years and under
1.30pm – 1.45pm	Open/Male	13 years and over
1.45pm – 2.00pm	Female	12 years and under
2.00pm – 2.15pm	Female	13 years and over

Sunday 12th July Session 3 - Start at 9.00am

7.50am – 8.05am	Open/Male	12 years and under
8.05am – 8.20am	Open/Male	13 years and over
8.20am – 8.35am	Female	12 years and under
8.35am – 8.50am	Female	13 years and over

Sunday 12th July Session 4 - Start at 2.15pm

1.15pm – 1.30pm	Female	12 years and under
1.30pm – 1.45pm	Female	10 to 13 years
1.45pm – 2.00pm	Open/Male	12 years and under
2.00pm – 2.15pm	Open/Male	13 years and over