

SUNDAY 8TH DECEMBER 2019 – WARM UP – SESSION 3

WARM UP ONE 7.50 – 8.05

1	HOYLAKE (10)
2	HOYLAKE (8)/BEBINGTON (2)
3	NORTHWICH (9)
4	NORTHWICH (9)
5	NORTHWICH (9)/ BURNLEY BOBCATS (1)
6	LIVERPOOL PENGUINS (9)/ BLACBURN CENTURIONS (1)

WARM UP TWO 8.05 – 8.20

1	WARRIORS OF WARRINGTON (10)
2	WARRIORS OF WARRINGTON (10)
3	WARRIORS OF WARRINGTON (10)
4	WARRIORS OF WARRINGTON (9)
5	WARRIORS OF WARRINGTON (9)
6	WARRIORS OF WARRINGTON (5)/ ORMSKIRK OTTERS (4)

WARM UP THREE 8.20 – 8.35

1	CITY OF CHESTER (10)
2	BOOTLE AND NORTH (7) / CHESTER (2) / BRIDGEFIELD (1)
3	BRIDGEFIELD (10)
4	CROSBY (10)
5	CROSBY (10)
6	CROSBY (9)

WARM UP FOUR 8.35 – 8.50

1	OSWESTRY OTTERS (10)
2	OSWESTRY OTTERS (8)/ BIRKENHEAD (1)/ ISLE OF MAN (1)
3	WIRRAL METRO (9)
4	WIRRAL METRO (10)
5	WIRRAL METRO (9)
6	WIRRAL METRO (10)

THE LAST 5 MINUTES OF WARM UP WILL BE FOR DIVES, DIVING WILL BE IN ALL LANES AND IT WILL BE THE RESPONSIBILITY OF THE CLUBS COACHES TO LOOK AFTER THEIR SWIMMERS. PLEASE REMIND YOUR SWIMMERS TO VACATE THE POOL AT THE CHANGING ROOM END AND NOT TO CLIMB OVER THE TOUCH PADS.

SUNDAY 8TH DECEMBER 2019 – WARM UP – SESSION 4

WARM UP ONE 13.50 – 14.05

1	CITY OF CHESTER (8)
2	CITY OF CHESTER (7)
3	BOOTLE AND NORTH (6)/ BEBINGTON (2)
4	HOYLAKE (8)
5	BRIDGEFIELD (2)/BIRKENHEAD (1)/BLACKBURN (1) / ISLE OF MAN (1)/ HOYLAKE (4)
6	BRIDGEFIELD (8)

WARM UP TWO 14.05 – 14.20

1	WIRRAL METRO (8)
2	WIRRAL METRO (8)
3	WIRRAL METRO (8)
4	WIRRAL METRO (8)
5	OSWESTRY (8)
6	OSWESTRY (8)

WARM UP THREE 14.20 – 14.35

1	LIVERPOOL PENGUINS (6)/ ORMSKIRK (2)
2	WARRIORS OF WARRINGTON (8)
3	WARRIORS OF WARRINGTON (9)
4	WARRIORS OF WARRINGTON (9)
5	WARRIORS OF WARRINGTON (8)
6	WARRIORS OF WARRINGTON (9)

WARM UP FOUR 14.35 – 14.50

1	CROSBY (8)
2	CROSBY (8)
3	CROSBY (7)
4	NORTHWICH CENTURIONS (7)
5	NORTHWICH CENTURIONS (8)
6	NORTHWICH CENTURIONS (8)

THE LAST 5 MINUTES OF WARM UP WILL BE FOR DIVES, DIVING WILL BE IN ALL LANES AND IT WILL BE THE RESPONSIBILITY OF THE CLUBS COACHES TO LOOK AFTER THEIR SWIMMERS. PLEASE REMIND YOUR SWIMMERS TO VACATE THE POOL AT THE CHANGING ROOM END AND NOT TO CLIMB OVER THE TOUCH PADS.