

SATURDAY 7TH DECEMBER 2019 – WARM UP – SESSION 1

WARM UP ONE 7.50 – 8.05	
1	WIRRAL METRO (9)
2	WIRRAL METRO (9)
3	WIRRAL METRO (9)
4	WIRRAL METRO (7) / BEBINGTON (2)
5	HOYLAKE (10) / BIRKENHEAD (3)
6	HOYLAKE (10)

WARM UP TWO 8.05 – 8.20	
1	CHESTER (10)
2	CHESTER (8) / ORMSKIRK (1)
3	CROSBY (10)
4	CROSBY (10)
5	CROSBY (5) / BRIDGEFIELD (4)
6	BRIDGEFIELD (10)

WARM UP THREE 8.20 – 8.35	
1	WARRINGTON WARRIORS (9)
2	WARRINGTON WARRIORS (9)
3	WARRINGTON WARRIORS (9)
4	WARRINGTON WARRIORS (9)
5	WARRINGTON WARRIORS (9)
6	WARRINGTON WARRIORS (8)

WARM UP FOUR 8.35 – 8.50	
1	LIVERPOOL PENGUINS (8) / ISLE OF MAN (1)
2	BOOTLE & NORTH (7) / BURNLEY (1) / BLACKBURN (1)
3	OSWESTRY (10)
4	NORTHWICH (7) / OSWESTRY (2)
5	NORTHWICH (10)
6	NORTHWICH (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

SATURDAY 7TH DECEMBER 2019 – WARM UP – SESSION 2

WARM UP ONE 13.35 – 13.50	
1	BRIDGEFIELD (2)/ LIVERPOOL PENGUINS (7)
2	BRIDGEFIELD (9)
3	CITY OF CHESTER (5)/ ORMSKIRK (4)
4	CITY OF CHESTER (9)
5	CROSBY (9)
6	CROSBY (10)

WARM UP TWO 13.50 – 14.05	
1	HOYLAKE (9) / BIRKENHEAD (3)
2	HOYLAKE (10)
3	WIRRAL METRO (9)
4	WIRRAL METRO (8)
5	WIRRAL METRO (9)
6	WIRRAL METRO (8)

WARM UP THREE 14.05 – 14.20	
1	OSWESTRY (6)/BLACKBURN (1)/STOCKPORT (1)
2	OSWESTRY (5)/ISLE OF MAN (1)/WINSFORD (1)
3	BOOTLE AND NORTH (8) / BEBINGTON (2)
4	NORTHWICH CENTURIONS (10)
5	NORTHWICH CENTURIONS (9)
6	NORTHWICH CENTURIONS (9)

WARM UP FOUR 14.20 – 14.30	
1	WARRIORS OF WARRINGTON (8)
2	WARRIORS OF WARRINGTON (8)
3	WARRIORS OF WARRINGTON (8)
4	WARRIORS OF WARRINGTON (8)
5	WARRIORS OF WARRINGTON (8)
6	WARRIORS OF WARRINGTON (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.