Please find below final Session Timings for this weekend together with the Warmup information for each session.  Also enclosed the Warmup details for swimmers by timings within each warmup session

Please also note that we have managed to move the start of warmup on the Sunday morning back 30 minutes to 8.30am, from the original planned time of 8.00am and this still gives us the ability to have a reasonable break after the first session.

There will not be programs available on the day.  All information will also be updated later today to Meet Mobile for those parents who prefer to use technology.

**Saturday**

**Session 1**

Warmup 12.30 - 13.15

Swimming Start 13.20 - End 16.15

**Session 2**

Warmup 16.30 - 17.15

Swimming Start 17.20 - End 19.55

**Sunday**

**Session 3**

Warmup 08.30 - 09.15

Swimming Start 09.20 - End 12.15

**Session 1**

Warmup 12.50 - 13.35

Swimming Start 13.40 - End 16.30

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