

Warm-up schedule:

For morning and afternoon sessions (1, 2, 4 and 5), the following warmup schedule will apply from the start of the session.

Each warm up will be 10 minutes of swimming, with 5 minutes of dives across all 8 lanes. Those that wish to continue swimming can do so in the warm-down pool.

0-15mins	15 years and under
15-30mins	16 and 17 years
30-45mins	18 years and over

For finals sessions (3 and 6), the following warm up schedule will apply from the start of the session. This is 25mins swimming and 5mins dives.

Session 3:

0-20mins	Female
20-40mins	Male

Session 6:

0-20mins	Male
20-40mins	Female

Club Seating:

Please see below the allocation of clubs to where they will be sat during the championships. This is done to ensure clubs can be sat together, as well as manage numbers around poolside to ensure safety of swimmer, coaches, and volunteers. Alterations may be made during the event, this can be discussed at the time with event staff.

The sports hall will have a projector showing the livestream so swimmers can see the event.

Sports hall

Biddulph	Cheadle	Ledbury	Perry B & TS	Stourbridge
Bilston	Dove Valley	Leek	Pershore	Telford Aqua
Blythe Barra	Droitwich	Lichfield	Royal Wolverhampton	Wellington M
Bromsgrove	Evesham	Newport	Shrewsbury	Wolverhampton
Burton	Kingsbury	Northgate	Stafford Apex	Wombourne

Poolside

