

ARENA Manchester Open Meet

10 -12 May 2024

Warm-Up Schedule

Friday 10th May Session 1

1500m - Warm up at 5.00pm - Finish 5.20pm

800m - Warm up and 1500m swim down at 6.45pm – Finish at 7.05pm

Saturday 11th May Session 2

7.40am – 8.00am Open/Male 10 -14 yrs

8.00am – 8.20am Open/Male 15 yrs and over

8.20am – 8.40am Female 10 – 14 yrs

8.40am – 9.00am Female 15 yrs and over

Saturday 11th May Session 3

12.50pm – 1.10pm Female 10 – 14 yrs

1.10pm – 1.30pm Female 15 yrs and over

1.30pm – 1.50pm Open/Male 10 -14 yrs

1.50pm – 2.10pm Open/Male 15 yrs and over

Sunday 12th May Session 4

7.40am – 8.00am Female 10 -14 yrs

8.00am – 8.20am Female 15 yrs and over

8.20am – 8.40am Open/Male 10 – 14 yrs

8.40am – 9.00am Open/Male 15 yrs and over

Sunday 12th May Session 5

12.50pm – 1.10pm Open/Male 10 – 14 yrs

1.10pm – 1.30pm Open/Male 15 yrs and over

1.30pm – 1.50pm Female 10 -14 yrs

1.50pm – 2.10pm Female 15 yrs and over