

# West Midland Swimming Championships 2017



## Session Timings

Please note that the times below should be used as a guide only, and the gala's will run at their own pace. It is your responsibility to ensure that you report to the competitors stewards in good time for your race. The gala will NOT be held under any circumstances to accommodate late arrivals

### Day 1 – Saturday 29<sup>th</sup> April

#### Session 1

Warm Up – 09:00	Session Starts – 10:00
Estimated finish – 11:45	

#### Session 2

Warm Up – 12:15	Session Starts – 13:15
Estimated finish – 15:05	

#### Session 3

Warm Up – 15:05	Session Starts – 15:30
Estimated finish – 18:40	

### Day 2 – Sunday 30<sup>th</sup> April

#### Session 4

Warm Up – 09:00	Session Starts – 10:00
Estimated finish – 11:50	

#### Session 5

Warm Up – 12:15	Session Starts – 13:15
Estimated finish – 14:55	

#### Session 6

Warm Up – 15:05	Session Starts – 15:30
Estimated finish – 18:40	

### Day 3 – Monday 1<sup>st</sup> May

#### Session 7

Warm Up – 08:00	Session Starts – 09:00
Estimated finish – 12:45	

#### Session 8

Warm Up – 13:00	Session Starts – 14:00
Estimated finish – 17:45	

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### Day 4 – Saturday 6<sup>th</sup> May

#### Session 9

Warm Up – 09:00	Session Starts – 10:00
Estimated finish – 11:40	

#### Session 10

Warm Up – 12:15	Session Starts – 13:15
Estimated finish – 14:20	

#### Session 11

Warm Up – 14:30	Session Starts – 15:00
Estimated finish – 17:05	

### Day 5 – Sunday 7<sup>th</sup> May

#### Session 12

Warm Up – 09:00	Session Starts – 10:00
Estimated finish – 11:40	

#### Session 13

Warm Up – 12:15	Session Starts – 13:15
Estimated finish – 14:15	

#### Session 14

Warm Up – 14:30	Session Starts – 15:00
Estimated finish – 17:05	