

SATURDAY

WARM UP SCHEDULE COOLMINE GROUP 1	Session 1 25 mins	Session 2 25 Mins
	7.30 to 7.55 am Group 1	1.30 to 1.55 pm Group 2
	7.55 to 8.20 am Group 2	1.55 to 2.20 pm Group 3
	8.25 to 8.45 am Group 3	2.20 to 2.45 pm Group 1
COMPETITION START	9:00 am	3pm
Diving Pool - 2 lanes	Available 7.30am to 7.30pm	
Officials Briefing	8.30 am	2.30Pm

SUNDAY

WARM UP SCHEDULE COOLMINE GROUP 1	Session 4 25 mins	Session 5 25 mins
	7.30 to 7.55 am Group 3	1.30 to 1.55 pm Group 1
	7.55 to 8.20 am Group 1	1.55 to 2.20 pm Group 2
	8.25 to 8.45 am Group 2	2.20 to 2.45 pm Group 3
COMPETITION START	9:00 am	3pm
Diving Pool - 2 lanes	Available 7.30am to 7.30pm	
Officials Briefing	8.30 am	2.30pm

Group 1	Group 2	Group 3
Aer Lingus Masters Aura Dundalk Swimming Club Blackrock Swimming Club Coolmine Swim Club County Sligo Swim Club Dolphin Fortunestown Swimming Club Glenalbyn Swim Club Laois Marlins Swimming Club Lir Swim Club Longford SC Nac Swim Club Sliabh Beagh Splashworld Sharks Swan Leisure SC Viking Swimming Club Athlone NAC Masters	Alsaam Swim Club Asgard Swimming Club Belgian Org Adapted Swimming Comans Swim Club, Roscommon Curragh Swim Team Esb Swimming Club Kells Swimming Club Kilkenny Swimming Club Lisburn City Swimming Club Mullingar Jets Swimming Club National Squad Dublin Slaney Sharks Templeogue Swim Club Terenure Swim Club Trojan Swimming Club Wexford Lisburn Tullamore Swim Team	Aer Lingus Swim Club Ards Breifne Claremorris SC Clonmel Cormorant Swimming Club Drogheda Swim Club Limavady Asc New Ross Swimming Club Piranha Portmarnock Sotogrande SC St. Fiacc's Tallaght Swim Team Titans Swim Club Trident Swimming Club U.C.D Westport Swimming Club