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**COUNTY SWIMMING CHAMPIONSHIPS**

**AND AGE GROUP COMPETITIONS**

**Held under ASA Laws and Regulations and ASA Technical Rules of Racing**

Licence Numbers: 2ER190025, 2ER190026, 2ER190027

19th/20th January; 26th/27th January; 2nd/3rd February 2019

The Venue, Elstree Way, Borehamwood, Hertfordshire WD6 1JY

**SESSION TIMINGS – WEEKEND 1**

**Saturday 19th January**

Session 1 Warm up 08:30

 Racing starts no earlier than 09:30

Session 2 Warm up no earlier than 12:30

 Racing starts no earlier than 13:30

Session 3 Warm up no earlier than 16:30

 Racing starts no earlier than 17:30

Estimated finish time 19:10

**Sunday 20th January**

Session 4 Warm up 08:30

 Racing starts no earlier than 09:30

Session 5 Warm up no earlier than 12:30

 Racing starts no earlier than 13:30

Estimated finish time 16:00