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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 2**

**Saturday 26th January**

Session 6 Warm up 08:30

 Racing starts no earlier than 09:30

Session 7 Warm up no earlier than 12:45

 Racing starts no earlier than 13:45

Session 8 Warm up no earlier than 17:45

 Racing starts no earlier than 18:45

 There will be a break of at least 15 minutes between heats and finals in Session 8

Estimated finish time 21:00

**Sunday 27th January**

Session 4 Warm up 08:30

 Racing starts no earlier than 09:30

Session 5 Warm up no earlier than 12:45

 Racing starts no earlier than 13:45

Estimated finish time 17:00