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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 3**

**Saturday 2nd February**

Session 11 Warm up 08:30

Racing starts no earlier than 09:30

Session 12 Warm up no earlier than 11:30

Racing starts no earlier than 12:30

Session 13 Warm up no earlier than 14:30

Racing starts no earlier than 15:30

Estimated finish time 16:30

**Sunday 3rd February**

Session 14 Warm up 08:30

Racing starts no earlier than 09:30

Session 15A Warm up no earlier than 12:00

Racing starts no earlier than 13:15

Session 15B Warm up no earlier than 14:15

Racing starts no earlier than 15:00

Session 15C Warm up no earlier than 16:00

Racing starts no earlier than 16:45

Estimated finish time 17:35