

<b>Friday Evening Session</b>	<b>Session Starts at 6:15pm (approx finish 8pm)</b>
<b>Time</b>	<b>Club</b>
5:00pm - 5:30pm	Ennis SC (All lanes) - 74 pax
5:30pm - 5:50pm	Nenagh (L1-3) Lahinch (L4 Lane 5 shared) Celtic Waves (L6 shared 5)
5:50 - 6:10pm	Limerick SC (Lane 1 &2) Clonmel(lane 3&4) and Kingfisher SC (Lanes 5&6)
<b>Saturday Morning Session</b>	<b>Session starts at 10:00am (approx Finish 1:30pm)</b>
8am - 8:40am	Ennis SC (All lanes) 80 swimmers split into male/female warm up
8:40am - 9:05am	Kingdom (Lanes 1-3) Kingfisher (Lane 4) Nenagh (lanes 5&6)
9:05am - 9:35am	Limerick and Tipp Tiger sharks whole pool
9:35am - 10am	Celtic Waves and Clonmel (Lanes 1-3) Lahinch and Askeaton (Lanes 4-6)
<b>Saturday Lunch session</b>	<b>Session Restarts at 2:30pm (Approx finish 6pm)</b>
1:30-2:15pm	We have a busy 3rd session so please use warm up lanes for swimmers who havent already been swimming - must be supervised by you club coach