IAG Championships & Summer Open

Amended Session Times

Thursday 18th July		
Session 1	warm up: 7.00am - 8.30am	session time: 8.45am - 1.00pm
Session 2	warm up: 4.00pm - 4.45pm	session time: 5.00pm - 8.30pm

Friday 19th July		
Session 3	warm up: 7.00am - 8.30am	session time: 8.45am - 1.30pm
Session 4	warm up: 4.00pm - 4.45pm	session time: 5.00pm - 8.00pm

Saturday 20th July		
Session 5	warm up: 7.00am - 8.30am	session time: 8.45am - 3.45pm
Session 6	warm up: 4.00pm - 4.45pm	session time: 5.00pm - 8.45pm

Sunday 21st July		
Session 7	warm up: 7.00am - 8.30am	session time: 8.45am - 12.45pm
Session 8	warm up: 12.45pm - 1.20pm	session time: 1.30pm - 5.45pm
Session 9	warm up: 5.45pm - 6.10pm	session time: 6.15pm - 8.30pm

please note that the Diving Pool wil be available for warm up/cool down from 7am to 9pm each day