**Saturday 30th April and Sunday 1st May 2016 Regional Summer Championships at MANCHESTER**

**Saturday Afternoon Session 2**

**Warm Up**: **2.40pm until 3.00pm Lane 1**

**Please arrive so that you are poolside with your coach (Dean) at 2:30pm ready for the warmup**.

First 15mins all lanes general warm up. Last 5 mins all lanes sprint lanes.

**Event 153 4x100m 14/16 Freestyle Relay Team**

1. **JACOB HUGHES**
2. **STEPHEN BROWN**
3. **CALLUM EASTWOOD**
4. **JORDON O’HARA**

**Sunday Morning Session 3**

**Warm Up**: **Diving Pit (10:30 poolside for 11:30 race)**

**Event 207 Boys 50m Freestyle - JORDAN O’HARA**

**Sunday Afternoon Session 4**

**Warm Up**: **2.20pm until 2.40pm Lane 1**

**Please arrive so that you are poolside with your coach (Mary) at 2:10pm ready for the warmup**.

First 15mins all lanes general warm up. Last 5 mins all lanes sprint lanes.

**Event 251 4x100m 14/16 Medley Relay Team**

1. **LIAM HARDMAN**
2. **STEPHEN BROWN**
3. **JORDON O’HARA**
4. **CALLUM EASTWOOD**

**Event 255 Boys 100m Freestyle - JORDON O’HARA**

**Event 259 Boys 50m Butterfly - JORDON O’HARA**