Friday 27th October.

 Irlam & Cadishead Leisure centre, Liverpool Rd, Manchester, M44 6BR (0161 775 4134)

7pm-9pm (ALL SWIMMERS) (6 lanes 25 metres)

Saturday 28th October

Manchester Aquatics Centre, 2 Booth St East, Ardwick, Manchester, M13 9SS, (0161 641 6310)

9am- 10.30am (Development Squad) (25 metre diving pool 6 lanes)

10.30am-12.30pm (Performance Squad & Senior swimmers 17+) (25 metre Diving pool 6 lanes)

Land training 3pm-4pm (ALL SWIMMERS)

4pm-5.30pm (Development Squad (50 metre training pool 4 lanes)

5.30pm-7.30pm (Performance Squad & Senior swimmers 17+) (50 metre Training Pool 4 lanes)

Sunday 29th October

Manchester Aquatics Centre, 2 Booth St East, Ardwick, Manchester, M13 9SS, 0161 641 6310

7am – 9am (Performance Squad & Senior swimmers 17+) Main pool 25metres 4 lanes)

9am-10.30am (Development Squad) (main pool 25 metres 4 lanes