

LASA Age Groups and Championships 2025

Session	Day	Date	Venue	Swimmers	Warm up Start	Warm up	Swim Start	Swimming	Finish	Interval
1	sat	25/01/2025	Hinckley	158	13:30	00:30	14:10	02:37	16:47est	
2	sat	25/01/2025	Hinckley	221	17:30	00:45	18:25	02:00	20:25est	
3	sun	26/01/2025	Hinckley	204	12:45	00:45	13:40	02:51	16:31est	
4	sun	26/01/2025	Hinckley	194	17:20	00:30	18:00	01:56	19:56est	
5	sat	01/02/2025	Braunstone	379	12:45	01:00	13:55	03:18	17:13est	
6	sat	01/02/2025	Braunstone	135	17:55	00:30	18:35	02:10	20:45est	
7	sun	02/02/2025	Braunstone	386	12:45	01:00	13:55	03:26	17:21est	
8	sun	02/02/2025	Braunstone	186	18:00	00:30	18:40	02:20	21:00est	
9	sat	08/02/2025	Braunstone	313	13:15	01:00	14:25	02:41	17:06est	
10	sat	08/02/2025	Braunstone	234	17:45	00:45	18:40	02:09	20:49est	
11	sun	09/02/2025	Braunstone	265	13:15	00:45	14:10	02:37	16:47est	
12	sun	09/02/2025	Braunstone	240	17:20	00:45	18:15	02:24	20:39est	

