



WIRRAL METRO GALA
30TH September and 1ST October 2017
SESSIONS

PLEASE NOTE THE WARM UP TIMES FOR EACH DAY ARE AS FOLLOWS	
SATURDAY MORNING	8.00am WARM UP WITH 9:00am START
8.00 - 8.15	GIRLS 13 AND UNDER
8.15 - 8.30	BOYS 13 AND UNDER
8.30 - 8.45	GIRLS 14 AND OVER
8.45 - 9.00	BOYS 14 AND OVER
SATURDAY AFTERNOON	12.40pm WARM UP WITH 1.45pm START
12.40 - 12.55	GIRLS 13 AND UNDER
12.55 - 1.10	BOYS 13 AND UNDER
1.10 - 1.25	GIRLS 14 AND OVER
1.25 - 1.40	BOYS 14 AND OVER
FINISH APPROX 4.30pm	
SUNDAY MORNING	8.00am WARM UP WITH 9:00am START
8.00 - 8.15	BOYS 13 AND UNDER
8.15 - 8.30	GIRLS 13 AND UNDER
8.30 - 8.45	BOYS 14 AND OVER
8.45 - 9.00	GIRLS 14 AND OVER
SUNDAY AFTERNOON	12.40pm WARM UP WITH 1.45pm START
12.40 - 12.55	BOYS 13 AND UNDER
12.55 - 1.10	GIRLS 13 AND UNDER
1.10 - 1.25	BOYS 14 AND OVER
1.25 - 1.40	GIRLS 14 AND OVER
FINISH APPROX 4.50pm	