Trafford Borough Early Bird 2026
Warm Up Times

Session 1

8.15-8.30am – Open/Male age 9-12
8.30-8.45am – Open/Male age 13+
8.45-9.00am – Girls age 9-12
9.00-9.15am – Girls age 13+
Start at 9.15 am

Session 2

1.00-1.15pm –Girls age 9-12
1.15-1.30pm – Girls age 13+
1.30-1.45pm – Boys age 9-12
1.45-2.00pm – Boys age 13+
Start at 2.00pm