

# STAFFORDSHIRE ASA 2020 CHAMPIONSHIPS

## WARM UP SCHEDULE

### Day 1                      Saturday - 01 February 2020

First session		
14:30	14:50	LADIES General (all lanes)
14:50	15:00	LADIES General (lanes 3 - 6) LADIES Dive Starts (lanes 1 & 2) LADIES Backstroke starts (lanes 7 & 8)
15:00	15:20	MENS General (all lanes)
15:20	15:30	MENS General (lanes 3 - 6) MENS Dive Starts (lanes 1, 2, 7 & 8)

Second session		
18:45	19:00	MIXED General
19:00	19:30	MIXED General (lanes 2 - 7) MXED Starts (lanes 1 & 8)