

STAFFORDSHIRE ASA 2020 CHAMPIONSHIPS

WARM UP SCHEDULE

Day 4 Saturday - 15 February 2020

First session		
14:30	14:45	MENS 13 & under General 14:30 - 14:40 - All lanes Starts 14:40 - Lanes 1, 2, 3, 4, 7 & 8 Pace 14:40 - lanes 5 & 6
14:45	15:00	MENS 14 & over General 14:45 - 14:55 - All lanes Starts 14:55 - Lanes 1, 2, 3, 4, 7 & 8 Pace 14:55 - lanes 5 & 6
15:00	15:15	LADIES 13 & under General 15:00 - 15:10 - all lanes Starts 15:10 - all lanes
15:15	15:30	LADIES 14 & over General 15:15 - 15:25 - all lanes Starts 15:25 - all lanes

Second session		
18:00	18:25	MENS 13 & under General 18:00 - 18:15 - Lanes 1, 2, 3 & 4 Starts 18:15 - 18:25 - Lanes 1, 2, 3 & 4 MENS 14 & over General 18:00 - 18:15 - Lanes 5, 6, 7, & 8 Starts 18:15 - 18:25 - Lanes 5, 6, 7, & 8
18:25	18:50	LADIES 13 & under General 18:25 - 18:40 - Lanes 1, 2, 3 & 4 Starts 18:40 - 18:50 - Lanes 1, 2, 3 & 4 LADIES 14 & over General 18:25 - 18:40 - Lanes 5, 6, 7 & 8 Starts 18:40 - 18:50 - Lanes 5, 6, 7 & 8