

# STAFFORDSHIRE ASA 2020 CHAMPIONSHIPS

## WARM UP SCHEDULE

**Day 6 Sunday - 23 February 2020**

First session		
09:00	09:15	MENS 13 & under General 09:00 - 09:10 - All lanes Starts 09:10 - Lanes 1, 2, 3, 5, 7 & 8 Pace 09:10 - lanes 4 & 5
09:15	09:30	MENS 14 & over General 09:15 - 09:25 - All lanes Starts 09:25 - Lanes 1, 2, 3, 5, 7 & 8 Pace 09:25 - lanes 4 & 5
09:30	09:45	LADIES 13 & under General 09:30 - 09:40 - all lanes Starts 09:40 - all lanes
09:45	10:00	LADIES 14 & over General 09:45 - 09:55 - all lanes Starts 09:55 - all lanes

Second session		
13:15	13:30	MENS 13 & under General 13:15 - 13:25 - All lanes Starts 13:25 - all lanes
13:30	13:45	MENS 14 & over General 13:30 - 13:40 - All lanes Starts 13:40 - all lanes
13:45	14:00	LADIES 13 & under General 13:45 - 13:55 - all lanes Starts 13:55 - all lanes
14:00	14:15	LADIES 14 & over General 14:00 - 14:10 - all lanes Starts 14:10 - all lanes