



Staffordshire ASA Championships Qualifier 2022

8th & 9th January 2022

Warm Up

Session 1

13:00 – 13:18	13 & 14 years	Girls & Boys	Lane 5 - 1500m Pacing Lane
13:18 – 13:36	15 to 17+ years	Girls & Boys	Lane 5 - 1500m Pacing Lane
13:36 – 13:54	10 to 12 years	Girls & Boys	All lanes

Session 2

09:00 – 09:18	10 to 14 years	Boys	All lanes
09:18 – 09:36	15 to 17+ years	Girls & Boys	All lanes
09:36 – 09:54	10 to 14 years	Girls	All lanes

Session 3

13:00 – 13:18	10 to 14 years	Girls	Lane 5 - 800m Pacing Lane
13:18 – 13:36	15 to 17+ years	Girls & Boys	Lane 4+5 - 800m Pacing Lanes
13:36 – 13:54	10 to 14 years	Boys	Lane 4+5 - 800m Pacing Lanes