



# Staffordshire ASA Championships 2023

## Warm Up Schedule

Saturday 21<sup>st</sup> January 2023

### Session 1

Warm Up			
13:00 – 13:15	Women 12 Years & Under	Lanes 1 - 3	Sprint Lanes 13:10 – 13:15
	Women 13 & 14 Years	Lanes 4 - 8	
13:15 – 13:30	Women 15 Years & Over	All Lanes	Sprint Lanes 13:25 – 13:30
13:30 – 13:45	Men 11 Years & Under	Lanes 1 - 2	Sprint Lanes 13:40 – 13:45
	Men 17 Years & Over	Lanes 3 - 8	
13:45 – 14:00	Men 12 Years	Lanes 1 - 2	Sprint Lanes 13:55 – 14:00
	Men 13 & 14 Years	Lanes 3 - 8	
14:00 – 14:15	Men 15 & 16 Years	All Lanes	Sprint Lanes 14:00 – 14:15

### Comfort Break

1500m Warm Up		
15:45 – 16:00	Women All Ages	All Lanes

Finals Warm Up			
16:30 – 16:45	Men & Women 15 Years & Over	All Lanes	Sprint Lanes 16:40 – 16:45
16:45 – 17:00	Men & Women 12 Years & Under	All Lanes	Sprint Lanes 16:55 – 17:00
17:00 – 17:15	Men & Women 13 & 14 Years	All Lanes	Sprint Lanes 17:10 – 17:15

\* Timings for the 1500m and Finals Warm up's are provisional