



# Staffordshire Championships 2023

## Warm Up Schedule

28<sup>th</sup> January 2023

### Session 2

#### Warm Up: 11:30 – 12:30

11:30 – 11:45	Men & Ladies 12 years & under	Lanes 1-5	11:40 – 11:45 Lanes 1,2,3,7,8 Sprint Lanes
	Ladies 13 & 14 years	Lanes 6-8	
11:45 – 12:00	Ladies 15 years & over	Lanes 1-5	11:55 – 12:00 Lanes 1,2,3,7,8 Sprint Lanes
	Men 15 years	Lanes 6-8	
12:00 – 12:15	Men 13 & 14 years	All Lanes	12:10 – 12:15 Lanes 1,2,3,7,8 Sprint Lanes
12:15 – 12:30	Men 16 years & over	All Lanes	12:25 – 12:30 Lanes 1,2,3,7,8 Sprint Lanes

#### Warm Up: 14:00 – 15:00

14:00 – 14:15	Ladies 12 years & under	Lanes 1-5	14:10 – 14:15 Lanes 1,2,3,7,8 Sprint Lanes
	Ladies 14 years	Lanes 6-8	
14:15 – 14:30	Men's 12 years & under	Lanes 1-3	14:25 – 14:30 Lanes 1,2,3,7,8 Sprint Lanes
	Ladies 13 years	Lanes 4-6	
	Ladies 15 years	Lanes 7-8	
14:30 – 14:45	Men's 13 years	Lanes 1-3	14:40 – 14:45 Lanes 1,2,3,7,8 Sprint Lanes
	Ladies 16 years and over	Lanes 4-8	
14:45 – 15:00	Men's 14 years & over	All Lanes	14:55 – 15:00 Lanes 1,2,3,7,8 Sprint Lanes