



# Staffordshire Championships 2023

## Warm Up Schedule

29<sup>th</sup> January 2023

### Session 3

#### Warm Up: 08:30 – 09:30

08:30 – 08:45	Ladies 12 years	Lanes 1-3	08:40 – 08:45 Lanes 1,2,3,7,8 Sprint Lanes
	Men 12 years & under	Lane 4	
	Men 13 & 14 years	Lanes 5-8	
08:45 – 09:00	Men's 15 years & over	All Lanes	08:55 – 09:00 Lanes 1,2,3,7,8 Sprint Lanes
09:00 – 09:15	Ladies 11 years & under	Lanes 1-2	09:10 – 09:15 Lanes 1,2,3,7,8 Sprint Lanes
	Ladies 16 years & over	Lanes 3-8	
09:15 – 09:30	Ladies 13, 14, & 15 years	All Lanes	09:25 – 09:30 Lanes 1,2,3,7,8 Sprint Lanes

#### Warm Up: 11:00 – 12:00

11:00 – 11:15	Men's 12 years & under	Lanes 1-3	11:10 – 11:15 Lanes 1,2,3,7,8 Sprint Lanes
	Men's 13 & 14 years	Lanes 4-8	
11:15 – 11:30	Men's 16 years & over	All Lanes	11:25 – 11:30 Lanes 1,2,3,7,8 Sprint Lanes
11:30 – 11:45	Ladies 12 years & under	Lanes 1-3	11:40 – 11:45 Lanes 1,2,3,7,8 Sprint Lanes
	Ladies 13 years	Lanes 4-5	
	Men's 15 years	Lanes 6-8	
11:45 – 12:00	Ladies 14 years & over	All Lanes	11:55 – 12:00 Lanes 1,2,3,7,8 Sprint Lanes