



Staffordshire Championships 2023

Warm Up Schedule

11th February 2023

Session 5

Warm Up: 11:30 – 12:30

11:30 – 11:45	Ladies 12 years & under	Lanes 1-3	<u>11:40 – 11:45</u>	Sprint Lanes 800m Pacing Lanes
	Ladies 13 & 14 years	Lanes 4-8	Lanes 1,2,3,7,8 Lanes 5,6	
11:45 – 12:00	Men 12 years & under	Lanes 1-2	<u>11:55 – 12:00</u>	Sprint Lanes 800m Pacing Lanes
	Ladies 15 years & over	Lanes 3-8	Lanes 1,2,3,7,8 Lanes 5,6	
12:00 – 12:15	Men 13, 14 & 15 years	All Lanes	<u>12:10 – 12:15</u>	Sprint Lanes 800m Pacing Lanes
12:15 – 12:30	Men 16 years & over	All Lanes	<u>12:25 – 12:30</u>	Sprint Lanes 800m Pacing Lanes

Warm Up: 15:15 – 16:15

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