



# Staffordshire Championships 2023

## Warm Up Schedule

12<sup>th</sup> February 2023

### Session 6

#### Warm Up: 08:30 – 09:30

08:30 – 08:45	Men 12 years & under	Lanes 1-3	<u>08:40 – 08:45</u>	Sprint Lanes 800m Pacing Lanes
	Men 13 & 14 years	Lanes 4-8	Lanes 1,2,3,7,8 Lanes 5,6	
08:45 – 09:00	Men 15 years & over	All Lanes	<u>08:55 – 09:00</u>	Sprint Lanes 800m Pacing Lanes
09:00 – 09:15	Ladies 12 years & under	Lanes 1-2	<u>09:10 – 09:15</u>	Sprint Lanes 800m Pacing Lanes
	Ladies 13 & 14 years	Lanes 3-8	Lanes 1,2,3,7,8 Lanes 5,6	
09:15 – 09:30	Ladies 15 years & over	All Lanes	<u>09:25 – 09:30</u>	Sprint Lanes 800m Pacing Lanes

#### Warm Up: 12:45 – 13:45

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