



Staffordshire ASA Championships 2018

Relays and Skins



Warm up procedure

- Allocation has been through the number of team entries
- I would ask that where teams share a lane the Team Leaders/Coaches work with each other and respect each other's needs
- 16:15 Warm up Start. Clockwise 1,3,5,7. Anticlockwise 2,4,6
- No diving in any lane until 16:45
- 16:45 Sprint Lanes from Start End
- 16:55 End of Warm Up

Lane allocation

Lane 1 Wolverhampton / Cannock Phoenix

Lane 2 Stafford Apex / Burton

Lane 3 Chase / Broadway

Lane 4 Bilston / Dove Valley

Lane 5 COSACSS / Biddulph

Lane 6 Newcastle / Wombourne

Lane 7 Cheadle / Lichfield

Lane 8 Sprint