



Staffordshire Championships 2024

Warm Up Schedule

Saturday 20th January 2024

Session 1 - Warm Up: 07:30 – 08:30

07:30 – 07:45	Female 11 years & under	Lanes 0 to 2	07:40 – 07:45
	Female 12, 13, & 14 years	Lanes 3 to 9	Lanes 0,1,2,3,6,7,8, 9 - Sprint Lanes
07:45 – 08:00	Female 15 years & over	Lanes 0 to 7	07:55 – 08:00
	Male/Open 12 years	Lanes 8 & 9	Lanes 0,1,2,3,6,7,8, 9 - Sprint Lanes
08:00 – 08:15	Male/Open 11 years & under	Lanes 0 to 2	08:10 – 08:15 Lanes 0,1,2,3,6,7,8, 9 - Sprint Lanes
	Male/Open 13/14 years	Lanes 3 to 7	
	Male/Open 15 years Swimmers from Clubs with Initials B & C	Lanes 8 & 9	
08:15 – 08:30	Male/Open 15 years - Swimmers from Clubs with Initials D to W	All Lanes	08:25 – 08:30
	Male/Open 16 years & over		Lanes 0,1,2,3,6,7,8, 9 - Sprint Lanes

Session 2 - Warm Up: 12:15 – 13:15

12:15 – 12:30	Female 11 years & under	Lanes 0 to 2	12:25 – 12:30
	Female 12/13 years	Lanes 3 to 9	Lanes 0,1,2,3,6,7,8, 9 - Sprint Lanes
12:30 – 12:45	Female 15 years & over	All Lanes	12:40 – 12:45 Lanes 0,1,2,3,6,7,8, 9 - Sprint Lanes
12:45 – 13:00	Male/Open 11 years & under	Lane 0	12:55 – 13:00 Lanes 0,1,2,3,6,7,8, 9 - Sprint Lanes
	Male/Open 12,13, & 14 years	Lanes 1 to 6	
	Female 14 years	Lanes 7 to 9	
13:00 – 13:15	Male/Open 15 years & over	All Lanes	13:10 – 13:15 Lanes 0,1,2,3,6,7,8, 9 - Sprint Lanes

Session 3 - Warm Up: 15:55 – 16:55

15:55 – 16:10	Male/Open 11 years & under	Lanes 0 to 2	16:05 – 16:10
	Male/Open 12/13 years	Lanes 3 to 9	Lanes 0,1,2,3,6,7,8, 9 - Sprint Lanes
16:10 – 16:25	Male/Open 15 years & over	All Lanes	16:20 – 16:25 Lanes 0,1,2,3,6,7,8, 9 - Sprint Lanes
16:25 – 16:40	Female 12 years & under	Lanes 0 to 5	16:35 – 16:40
	Male/Open 14 years	Lanes 6 to 9	Lanes 0,1,2,3,6,7,8, 9 - Sprint Lanes
16:40 – 16:55	Female 13/14 years	Lanes 0 to 3	16:50 – 16:55
	Female 15 years & over	Lanes 4 to 9	Lanes 0,1,2,3,6,7,8, 9 - Sprint Lanes