



Staffordshire Championships 2024

Warm Up Schedule

Sunday 21st January 2024

Session 4 - Warm Up: 07:30 – 08:30

07:30 – 07:45	Female 11 years & under	Lanes 0 to 2	07:40 – 07:45 Lanes 0,1,2,3,6,7,8, 9 - Sprint Lanes
	Female 12,13, & 14 years	Lanes 3 to 9	
07:45 – 08:00	Female 15 years & over	Lanes 0 to 7	07:55 – 08:00 Lanes 0,1,2,3,6,7,8, 9 - Sprint Lanes
	Male/Open 12 years	Lanes 8 & 9	
08:00 – 08:15	Male/Open 11 years & under	Lanes 0 to 3	08:10 – 08:15 Lanes 0,1,2,3,6,7,8, 9 - Sprint Lanes
	Male/Open 13/14 years	Lanes 4 to 9	
08:15 – 08:30	Male/Open 15 years & over	All Lanes	08:25 – 08:30 Lanes 0,1,2,3,6,7,8, 9 - Sprint Lanes

Session 5 - Warm Up: 12:10 – 13:10

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

Session 6 - Warm Up: 15:50 – 16:50

15:50 – 16:05	Female 11 years & under	Lanes 0 to 3	16:00 – 16:05 Lanes 0,1,2,3,6,7,8, 9 - Sprint Lanes
	Female 12/13 years	Lanes 4 to 9	
16:05 – 16:20	Female 15 years & over	All Lanes	16:15 – 16:20 Lanes 0,1,2,3,6,7,8, 9 - Sprint Lanes
16:20 – 16:35	Male/Open 11 years & under	Lanes 0 to 2	16:30 – 16:35 Lanes 0,1,2,3,6,7,8, 9 - Sprint Lanes
	Male/Open 12,13 years	Lanes 3 to 6	
	Female 14 years	Lanes 7 to 9	
16:35 – 16:50	Male/Open 14/15 years	Lanes 0 to 4	16:45 – 16:50 Lanes 0,1,2,3,6,7,8, 9 - Sprint Lanes
	Male/Open 16 years & over	Lanes 5 to 9	