



Staffordshire Championships 2024

Warm Up Schedule

2nd & 3rd March 2024

Session 7

Warm Up: 13:00 – 14:00

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

Session 8

Warm Up: 08:00 – 09:00

08:00 – 08:15	Female 12 years & under	All Lanes	<u>08:10 – 08:15</u>	
			Lanes 1,2,7,8	Sprint Lanes
			Lanes 3,4,5,6	Pacing Lanes
08:15 – 08:30	Female 13, 14 & 15 years	All Lanes	<u>08:25 – 08:30</u>	
			Lanes 1,2,7,8	Sprint Lanes
			Lanes 3,4,5,6	Pacing Lanes
08:30 – 08:45	Female 16 years and over	Lanes 1-6	<u>08:40 – 08:45</u>	
	Male / Open 12 & 13 years	Lanes 7-8	Lanes 1,2,7,8	Sprint Lanes
			Lanes 3,4,5,6	Pacing Lanes
08:45 – 09:00	Male / Open 14 years & over	All Lanes	<u>08:55 – 09:00</u>	
			Lanes 1,2,7,8	Sprint Lanes
			Lanes 3,4,5,6	Pacing Lanes