



SUMMER MEET 2024 - WARM UP SCHEDULE

SATURDAY 22ND JUNE

SESSION 1	10.45am - 11.15am	Stafford Apex Only	All ages	all lanes
	11.30am - 11.44am	Female	9-12yrs	all lanes
	11.45am - 11.59am	Female	13yrs and over	all lanes
	12.00pm - 12.14pm	Male/Open	9-12yrs	all lanes
	12.15pm - 12.29pm	Male/Open	13 and over	all lanes

SESSION 2	3.30pm - 3.44pm	Male/Open	9 - 12yrs	all lanes
	3.45pm - 3.59pm	Male/Open	13yrs and over	lanes 1-7
	3.45pm - 3.59pm	Female	9 years only	lane 8
	4.00pm - 4.14pm	Female	10, 11 & 13yrs	all lanes
	4.15pm - 4.29pm	Female	12 & 14yrs and over	all lanes

SUNDAY 23RD JUNE

SESSION 3	8.30am-8.44am	Female	9, 10, 11 & 13yrs	all lanes
	8.45am-8.59am	Female	12 & 14yrs and over	all lanes
	9am-9.14am	Male/Open	9-12yrs	all lanes
	9.15am-9.29am	Male/Open	13yrs and over	all lanes

SESSION 4	12.15pm-12.29pm	Male/Open	9 - 12yrs	all lanes
	12.30pm-12.44pm	Male/Open	13yrs and over	all lanes
	12.45pm-12.59pm	Female	9, 10, 11 & 13yrs	all lanes
	1pm-1.14pm	Female	12 & 14yrs and over	all lanes