



## WINTER MEET 2022 - WARM UP SCHEDULE

### SATURDAY 26TH NOVEMBER

<b>SESSION 1</b>	12.30pm-1pm	Stafford Apex Only	All ages	all lanes
	1pm-1.15pm	Boys	9-14yrs	all lanes
	1.15pm-1.30pm	Boys	15 and over	lanes 1 & 2
	1.15pm-1.30pm	Girls	9 - 12yrs	lane 3 - 8
	1.30pm-1.45pm	Girls	13yrs and over	all lanes

<b>SESSION 2</b>	4.40pm-4.55pm	Girls	9 - 12yrs	all lanes
	4.55pm -5.10pm	Girls	13yrs and over	all lanes
	5.10pm-5.25pm	Boys	9-13yrs	all lanes
	5.25pm-5.40pm	Boys	14yrs and over	all lanes

### SUNDAY 27TH NOVEMBER

<b>SESSION 3</b>	8.15am - 8.30am	Girls	All ages	Lanes 1-5
		Boys	All ages	Lanes 6-8

<b>SESSION 4</b>	9.30am-9.45am	Girls	9 - 12yrs	all lanes
	9.45am-10am	Girls	13yrs and over	all lanes
	10am-10,15am	Boys	9-13yrs	all lanes
	10.15am-10.30am	Boys	14yrs and over	all lanes

<b>SESSION 5</b>	1.30pm-1.45pm	Boys	9 - 16yrs	all lanes
	1.45pm-2pm	Boys	17 and over	lane 1
	1.45pm-2pm	Girls	9-11yrs	lanes 2-8
	2pm-2.15pm	Girls	12-13yrs	all lanes
	2.15pm-2.30pm	Girls	14yrs and over	all lanes