



SUMMER MEET 2023 - WARM UP SCHEDULE

SATURDAY 24TH JUNE

SESSION 1	11.10am-11.30am	Boys & Girls	Stafford Apex Only	all lanes
	11.30am-11.45am	Girls	9 - 12yrs	all lanes
	11.45am-12pm	Girls	13yrs and over	all lanes
	12pm-12.15pm	Boys	9 - 13yrs	all lanes
	12.15pm-12.30pm	Boys	14yrs and over	all lanes

SESSION 2	3.30pm-3.45pm	Boys	10-13yrs	all lanes
	3.45pm-4pm	Boys	14yrs and over	all lanes
	4pm-4.15pm	Girls	9-12yrs	all lanes
	4.15pm-4.30pm	Girls	13yrs and over	all lanes

SUNDAY 25TH JUNE

SESSION 3	8am-8.30am	Boys & Girls	Stafford Apex Only	all lanes
	8.30am-8.45am	Girls	9 - 12yrs	all lanes
	8.45am-9am	Girls	13yrs and over	all lanes
	9am-9.15am	Boys	9-13yrs	all lanes
	9.15am-9.30am	Boys	14yrs and over	all lanes

SESSION 4	12.30pm-12.45pm	Boys	10-13yrs	all lanes
	12.45pm-1pm	Boys	14yrs and over	all lanes
	1pm-1.15pm	Girls	9-12yrs	all lanes
	1.15pm-1.30pm	Girls	13yrs and over	all lanes