



SUMMER MEET 2025 - WARM UP SCHEDULE

SATURDAY 28TH JUNE

SESSION 1	11am - 11.25am	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	Open/Male	9-12yrs	all lanes
	12.15pm - 12.29pm	Open/Male	13yrs and over	all lanes

SESSION 2	3.45pm - 3.59pm	Female	9-11yrs	all lanes
	4.00pm - 4.14pm	Female	12-15yrs	all lanes
	4.15pm - 4.29pm	Female	16yrs and over	lanes 1 & 2
	4.15pm - 4.29pm	Open/Male	9-12yrs	lanes 3 - 8
	4.30pm - 4.44pm	Open/Male	13yrs and over	all lanes

SUNDAY 29TH JUNE

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

SESSION 4	12.30pm - 12.44pm	Female	9 - 12yrs	all lanes
	12.45pm - 12.59pm	Female	13yrs and over	all lanes
	1pm - 1.14pm	Open/Male	9-13yrs	all lanes
	1.15pm - 1.29pm	Open/Male	14yrs and over	all lanes