

# Burnley Bobcats Race for Regionals Meet 2023

## Warm Up Schedule

Sat 4th Mar - Session 1 - Boys – Clubs A to I – warm up from 7.40 am to 7.55 am  
Sat 4th Mar - Session 1 - Boys – Clubs K to W – warm up from 7.55 am to 8.10 am  
Sat 4th Mar - Session 1 - Girls – Clubs A to C – warm up from 8.10 am to 8.25 am  
Sat 4th Mar - Session 1 - Girls – Clubs D to P – warm up from 8.25 am to 8.40 am  
Sat 4th Mar - Session 1 - Girls – Clubs R to W – warm up from 8.40 am to 8.55 am

Sat 4th Mar - Session 2 - Girls – Clubs A to C – warm up from 12.40 pm to 12.55 pm  
Sat 4th Mar - Session 2 - Girls – Clubs D to P – warm up from 12.55 pm to 1.10 pm  
Sat 4th Mar - Session 2 - Girls – Clubs R to W – warm up from 1.10 pm to 1.25 pm  
Sat 4th Mar - Session 2 - Boys – Clubs A to I – warm up from 1.25 pm to 1.40 pm  
Sat 4th Mar - Session 2 - Boys – Clubs K to W – warm up from 1.40 pm to 1.55 pm

Sun 5th Mar - Session 3 - Girls – Clubs L to W – warm up from 7.40 am to 7.59 am  
Sun 5th Mar - Session 3 - Girls – Clubs A to K – warm up from 7.59 am to 8.18 am  
Sun 5th Mar - Session 3 - Boys – Clubs K to W – warm up from 8.18 am to 8.37 am  
Sun 5th Mar - Session 3 - Boys – Clubs A to I – warm up from 8.37 am to 8.55 am

Sun 5th Mar - Session 4 - Boys – Clubs K to W – warm up from 12.55 pm to 1.14pm  
Sun 5th Mar - Session 4 - Boys – Clubs A to I – warm up from 1.14 pm to 1.33 pm  
Sun 5th Mar - Session 4 - Girls – Clubs L to W – warm up from 1.33 pm to 1.52 pm  
Sun 5th Mar - Session 4 - Girls – Clubs A to K – warm up from 1.52 pm to 2.10 pm

**Lanes 1 – 4 are to be available only to swimmers 12 years and under**

At some stage in each warm up sprint lanes will be made available  
Coaches – Please supervise your swimmers during the warm ups

17<sup>th</sup> February 2023