

SESSION ONE WARM UP SCHEDULE

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
8.35am - 8.50am					
NEWMARKET	NEWMARKET	NEWMARKET	NEWMARKET	NEWMARKET	NEWMARKET
8.51am - 9.06am					
ELY	ELY	ELY	ELY	ELY	WSSC
9.07am - 9.22am					
DEBEN	DEBEN	DEBEN	MARCH	MARCH	COLCHESTER WISBECH MILDENHALL