

SESSION TWO WARM UP SCHEDULE

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
11.30am - 11.45am					
DEBEN	DEBEN	DEBEN	MARCH	MARCH	COLCHESTER WISBECH MILDENHALL
11.46am - 12.01pm					
NEWMARKET	NEWMARKET	NEWMARKET	NEWMARKET	NEWMARKET	NEWMARKET
12.02pm - 12.17pm					
ELY	ELY	ELY	ELY	ELY	WSSC