Warm Up Schedule

Session 1 - Warm up 8.30-9.25am , Racing starts 9.30am								
Warm Up 1	1	2	3	4	5	6	7	8
8.30-8.43	Swan	Swan	Swan	Swan	Swan	Swan	Swan	Swan
Warm Up 2	1	2	3	4	5	6	7	8
8.44-8.57	Swan	Swan	Swan	Swan	Swan	Swan	Swan	Swan
Warm Up 3	1	2	3	4	5	6	7	8
8.58 - 9.11	Waveney	Waveney	Waveney	Waveney	Leiston/WSSC	St Felix	St Felix	St Felix
Warm Up 4	1	2	3	4	5	6	7	8
9.12-9.25	WNSC	WNSC	WNSC	WNSC	WNSC	WNSC	WNSC	WNSC

Session 2 Warm up 1.15pm-2.10pm , Racing starts 2.15pm								
Warm Up 1	1	2	3	4	5	6	7	8
1.15-1.28pm	Waveney	Waveney	Waveney	Waveney	Leiston	St Felix	St Felix	St Felix
Warm Up 2	1	2	3	4	5	6	7	8
1.29-1.42 pm	WNSC	WNSC	WNSC	WNSC	WNSC	WNSC	WNSC	WNSC
Warm Up 3	1	2	3	4	5	6	7	8
1.43 - 1.56pm	Swan	Swan	Swan	Swan	Swan	Swan	Swan	Swan
Warm Up 4	1	2	3	4	5	6	7	8
1.57-2.10pm	Swan	Swan	Swan	Swan	Swan	Swan	Swan	Swan

Session 3 - Warm up 8.30-9.25am , Racing starts 9.30am								
Warm Up 1	1	2	3	4	5	6	7	8
8.30-8.43	Swan	Swan	Swan	Swan	Swan	Swan	Swan	Swan
Warm Up 2	1	2	3	4	5	6	7	8
8.44-8.57	Swan	Swan	Swan	Swan	Swan	Swan	Swan	Swan
Warm Up 3	1	2	3	4	5	6	7	8
8.58 - 9.11	Waveney	Waveney	Waveney	Waveney	Leiston/WSSC	St Felix	St Felix	St Felix
Warm Up 4	1	2	3	4	5	6	7	8
9.12-9.25	WNSC	WNSC	WNSC	WNSC	WNSC	WNSC	WNSC	WNSC

Session 4 Warm up 1.35pm-2.30pm , Racing starts 2.35pm								
Warm Up 1	1	2	3	4	5	6	7	8
1.35- 1.48pm	Waveney	Waveney	Waveney	Waveney	Leiston	St Felix	St Felix	St Felix
Warm Up 2	1	2	3	4	5	6	7	8
1.49-2.02 pm	WNSC	WNSC	WNSC	WNSC	WNSC	WNSC	WNSC	WNSC
Warm Up 3	1	2	3	4	5	6	7	8
2.03 - 2.16pm	Swan	Swan	Swan	Swan	Swan	Swan	Swan	Swan
Warm Up 4	1	2	3	4	5	6	7	8
2.17-2.30pm	Swan	Swan	Swan	Swan	Swan	Swan	Swan	Swan