

# The Neate Meet 2019

Held under Swim England Technical Rules Licensed Level 3ER191833



## Warm Up Schedule

### Session 1

Warm-up time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1800-1815	Newmarket	Newmarket	WSSC	WSSC	WSSC	WSSC
1815-1830	Beccles	St Neots	Deben	Cambridge	Stowmarket	Stowmarket

### Session 2

Warm-up time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1200-1215	WSSC	WSSC	WSSC	WSSC	WSSC	WSSC
1215-1230	WSSC	WSSC	WSSC	Cambridge & Royston	Cambridge & Royston	Basildon, Wolverhampton, Colchester & St. Neots
1230-1245	Stowmarket	Stowmarket	Stowmarket	Deben	Deben	Deben
1245-1300	Newmarket	Newmarket	Newmarket	Beccles	Beccles	Beccles

### Session 3

Warm-up time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1600-1615	Beccles	Beccles	Beccles	Cambridge & Royston	Stowmarket	Stowmarket
1615-1630	Deben	Deben	Deben	Newmarket	Newmarket	Newmarket
1630-1645	Basildon, Colchester, St. Neots & Wolverhampton	WSSC	WSSC	WSSC	WSSC	WSSC
1645-1700	WSSC	WSSC	WSSC	WSSC	WSSC	WSSC

