

Warm up schedule

Session 1

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6.00pm	West Suffolk – All ages					
6.15pm	Cambridge		Bottisham, Hadleigh, Royston, Ipswich		Deben	Newmarket

Session 2

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12.00pm	West Suffolk – Girls 14&under, Boys 15&under					
12.12pm	West Suffolk Girls 15&over, Boys 16&over		Cambridge			
12.24pm	Cambridge					
12.36pm	Newmarket				Deben	
12.48pm	Hadleigh		Mildenhall	Bottisham, Royston, Ipswich		

Session 3

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
3.50pm	Cambridge					
4.02pm	Cambridge					Mildenhall, Royston
4.14pm	Newmarket				Deben	
4.26pm	Hadleigh, Ipswich		Bottisham		West Suffolk Girls 15&over, Boys 16&over	
4.38pm	West Suffolk - Girls 14&under, Boys 15&under					

Session 4

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8.30am	West Suffolk – All ages					Mildenhall, Royston
8.42am	Cambridge	Bottisham, Ipswich	Deben	Hadleigh	Newmarket	
8.54am	Cambridge					

Session 5

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
11.20am	Newmarket, Royston				Bottisham	Hadleigh
11.35am	Cambridge					
11.50am	West Suffolk Girls 15&over, Boys 16&over		Mildenhall	Cambridge		
12.05pm	West Suffolk - Girls 14&under, Boys 15&under					