

**Swim England Suffolk County Championships 2024
Warm-up Summary**

	Session 3 2.30pm	Session 4 8.30am	Session 5 1.30pm	Session 6 2.30pm	Session 7 8.30am	Session 8 1.15pm	Session 10 1.00pm
Deben	2:45pm 3 lanes	8:30am 3 lanes	2:15pm 3 lanes	3:00pm 3 lanes	8:45am 3 lanes	1:15pm 3 lanes	1:30pm 4 lanes
Felixstowe	3:15pm 2 lanes shared	9:00am 2 lanes shared	1:45pm 2 lanes shared	2:30pm 2 lanes shared	9:15am 2 lanes shared	1:45pm 2 lanes shared	
Hadleigh	2:45pm 2 lanes shared	8:30am 2 lanes shared	2:15pm 2 lanes shared	3:00pm 2 lanes shared	8:45am 2 lanes shared	1:15pm 2 lanes shared	1:45pm 4 lanes
Leiston	2:45pm 2 lanes shared	8:30am 2 lanes shared	2:15pm 2 lanes shared	3:00pm 2 lanes shared	8:45am 2 lanes shared	1:15pm 2 lanes shared	
Mildenhall	3:15pm 2 lanes shared	09:00am 2 lanes shared	1:45pm 2 lanes shared	2:30pm 2 lanes shared	9:15am 2 lanes shared	1:45pm 2 lanes shared	
Newmarket	3:00pm 4 lanes	8:45am 4 lanes	1:30pm 4 lanes	3:15pm 4 lanes	9:00am 4 lanes	1:30pm 4 lanes	1:00pm 3 lanes
St Felix	2:45pm 3 lanes	8:30am 3 lanes	2:15pm 3 lanes	3:00pm 3 lanes	8:45am 3 lanes	1:15pm 3 lanes	1:30pm 4 lanes
Stowmarket	3:15pm 3 lanes	9:00am 3 lanes	1:45pm 3 lanes	2:30pm 3 lanes	9:15am 3 lanes	1:45pm 3 lanes	1:45pm 4 lanes
teamIpswich	2:30pm 8 lanes	9:15am 8 lanes	2:00pm 8 lanes	2:45pm 8 lanes	8:30am 8 lanes	2:00pm 8 lanes	1:15pm 4 lanes
team Waveney	3:15pm 3 lanes	9:00am 3 lanes	1:45pm 3 lanes	2:30pm 3 lanes	9:15am 3 lanes	1:45pm 3 lanes	1:00pm 3 lanes
West Suffolk	3:00pm 4 lanes	8:45am 4 lanes	1:30pm 4 lanes	3:15pm 4 lanes	9:00am 4 lanes	1:30pm 4 lanes	1:15pm 4 lanes

Session 9 warm-ups: Girls 9:30am; Boys 9:45am

Skins finalists may warm up with their clubs or in the dedicated lanes in the 1st warm-up of Session 10

06/01/2024