

SToRMFORCE 2023 Warm Up Schedule

*Coaches can use their discretion as to which warm up 13 years olds go in.

Saturday 2nd December 2023 - Morning session

9:00 am - 9:15 am Warm up 1 Open/Male 9 to 13*

9:15 am - 9:30 am Warm up 2 Open/Male 13* plus

9:30 am - 9:45 am Warm up 3 Female 9 to 13*

9:45 am - 10:00 am Warm up 4 Female 13* plus

Saturday 2nd December 2023 - Afternoon session

12:45 pm - 1:00 pm Warm up 1 Female 9 to 13*

1:00 pm - 1:15 pm Warm up 2 Female 13* plus

1:15 pm - 1:30 pm Warm up 3 Open/Male 9 to 13*

1:30 pm - 1:45 pm Warm up 4 Open/Male 13* plus

Sunday 3rd December 2023 - Morning session

8:30 am - 8:45 am Warm up 1 Open/Male 9 to 13*

8:45 am - 9:00 am Warm up 2 Open/Male 13* plus

9:00 am - 9:15 am Warm up 3 Female 9 to 13*

9:15 am - 9:30 am Warm up 4 Female 13* plus

Sunday 3rd December 2023 - Afternoon session

12:30 pm - 12:45 pm Warm up 1 Female 9 to 13*

12:45 pm - 1:00 pm Warm up 2 Female 13* plus

1:00 pm - 1:15 pm Warm up 3 Open/Male 9 to 13*

1:30 pm - 1:45 pm Warm up 4 Open/Male 13* plus

