

## Warm-up Schedule

The warm-up for all sessions will be organised as follows -  
Lanes 1, 3 and 5 will swim clockwise; Lanes 2, 4 and 6 will swim anti-clockwise.

All warm-ups must be supervised by club coaches/team managers.

All warm-ups will be divided into 15 minute slots. Please vacate lanes promptly at the end of your slot so that the next swimmers can start their warm-up.

Sprint Lanes will operate for the last 5 minutes of each session, or earlier if announced by the marshalls. Where clubs have been allocated shared lanes, they are requested to liaise with other coaches to make best use of the space available.

### Session 2 - Warm-up 8.30am Start 9.35am

8.30-8.45am		8.45-9.00am		9.00-9.15am		9.15-9.30am	
Deben Mid Beds	1-4	Leiston	1-2	Low'toft	1-3	Newmkt	1-2
		W Suffolk	3-5				
Stowmarket	5-6	Ipswich	6	F'stowe	4-6	Colchester	3-6
Hadleigh		Swan					
Clacton		Stanway					

### Session 3 - Warm-up 1.00pm Start 2.05pm

1.00-1.15pm		1.15-1.30pm		1.30-1.45pm		1.45-2.00pm	
Deben Mid Beds	1-5	Colchester Hadleigh Stanway	1-5	W Suffolk	1-3	Newmkt Leiston Low'toft	1-6
Ipswich Clacton Swan	6			F'stowe	4-6		
		Stowmarket	6				

### Session 4 - Warm-up 5.30pm Start 6.20pm

5.30-5.45pm		5.45-6.00pm		6.00-6.15pm	
Deben	1-4	Colchester	1-3	Leiston	1-2
F'stowe Ipswich Swan Clacton	5-6			W Suffolk Hadleigh Stanway	4-6
		Stowmarket	5		
		Newmkt	6		

### Session 5 - Warm-up 8.30am Start 9.35am

8.30-8.45am		8.45-9.00am		9.00-9.15am		9.15-9.30am	
Deben Mid Beds	1-5	Low'toft	1-2	Leiston Clacton	1-3	F'stowe	1-3
Hadleigh	6	Colchester	3-6	Newmkt	4-5	W Suffolk	4-6
Swan				Ipswich			
Stanway				Stowmarket	6		

### Session 6 - Warm-up 1.30pm Start 2.35pm

1.30-1.45pm		1.45-2.00pm		2.00-2.15pm		2.15-2.30pm	
Low'toft	1-2	Leiston	1-3	Colchester	1-3	Deben Mid Beds	1-6
W Suffolk	3-4	Swan		F'stowe			
Hadleigh	5-6	Newmkt	4-5	F'stowe	4-6		
Ipswich Clacton		Stowmarket				6	