

SESSION ONE WARM UP SCHEDULE

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
2pm - 2.10pm					
NEWMARKET	NEWMARKET	NEWMARKET	NEWMARKET	NEWMARKET	NEWMARKET
			CAMBRIDGE		
2.11pm - 2.21pm					
WISBECH	ST NEOTS	BOTTISHAM	BOTTISHAM	MARCH	MARCH
MILDENHALL		ST NEOTS			
2.22pm - 2.32pm					
DISS	DISS	HUNTINGDON	FIRST STROKES	DEBEN	DEBEN
2.33pm - 2.43pm					
NEWHAM	NEWHAM	NEWHAM	ST IVES	ST IVES	ST IVES