

## SESSION FOUR WARM UP SCHEDULE

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
<b>12.30pm to 12.40pm</b>					
DISS	DISS	DISS	FIRST STROKES	FIRST STROKES	FIRST STROKES
		WISBECH			
<b>12.41pm to 12.51pm</b>					
ST IVES	ST IVES	ST IVES	ST IVES	ST NEOTS	ST NEOTS
<b>12.52pm to 1.02pm</b>					
NEWMARKET	NEWMARKET	NEWMARKET	NEWMARKET	NEWMARKET	NEWMARKET
<b>1.03pm to 1.13pm</b>					
MILDENHALL	NEWHAM	NEWHAM	DEBEN	DEBEN	DEBEN
<b>1.14pm to 1.24pm</b>					
MARCH	MARCH	HUNTINGDON	HUNTINGDON	BOTTISHAM	BOTTISHAM
	CAMBRIDGE		BOTTISHAM		