



Spring Meet 3rd June 2018 - Warm up Schedule

First Session Sign In Commences 08:20 and Closes at 09:00

Session 1	Start Time	Finish Time	Club	Lanes	Total
Warm Up One	09:00	09:12	Braintree	1-7	79
			West Suffolk	8	
			Ware	8	
			Witham	8	
			Epping Forest	8	
			Stanway	8	
			Felixstowe	8	
Warm Up Two	09:12	09:24	Chelmsford	1-6	79
			Clacton	7-8	
Warm Up Three	09:24	09:36	Halstead	1-4	72
			BOS	5-7	
			Harwich	8	
Warm Up Four	09:36	09:48	Saffron Walden	1-2	74
			Colchester	3-6	
			Havering	7-8	

Second Session Sign In Commences 13:00 and Closes at 13:40

Session 2	Start Time	Finish Time	Club	Lanes	Total
Warm Up One	14:00	14:12	Braintree	1-7	78
			West Suffolk	8	
			Ware	8	
			Witham	8	
			Epping Forest	8	
			Stanway	8	
			Felixstowe	8	
Warm Up Two	14:12	14:24	Chelmsford	1-6	72
			Clacton	7-8	
Warm Up Three	14:24	14:36	Halstead	1-3	81
			BOS	4-6	
			Havering	7-8	
Warm Up Four	14:36	14:48	Saffron Walden	1-3	72
			Colchester	4-7	
			Harwich	8	

All warm ups will last 12 minutes and consist of 8 minutes of continuous swimming and 4 minutes of sprint lanes

Sprint Lanes will start from the Deep End Only