

# Halstead SC 3rd Season Sprint Starter : 5th September 2015



## Signing in and Warm Up Details

**Sign-In commences 16.45 & closes 17.15**

**Warm Up Starts 17.15(12 mins Warm Up 3 mins Sprints)**

Session 1	Start Time	Finish Time	Club	No of Swimmers	Total
Warm Up #1	17.15	17.30	Braintree & Bocking SC	51	85
			City of Cambridge SC	2	
			Clacton Swimming Club	7	
			Enfield Swim Squad	1	
			Harwich Dovercourt/Parkeston SC	6	
			Leiston & District Swimming Club	10	
			St Ives SC	1	
West Suffolk Swimming Club	7				
Warm Up #2	17.30	17.45	Halstead ASC	53	87
			Lowestoft & Oulton Broad SC	34	