

Autumn Closed Invitational Meet - Warm up Schedule

Lane	8	7	6	5	4	3	2	1
	Girls	Friday - Session 1 Warm Up						Boys
17:00-17:15	Girls 9-12	Girls 13 - 14	Girls 13 - 14	Women 15+	Men 15+	Men 15+	Boys 13 - 14	Boys 9 - 12
	Saturday - Session 2 warm Up							
13:00 - 13:15	Mixed 8 & Under	Girls 9 - 10	Girls 9 - 10	Girls 9 - 10	Girls 11 - 12	Girls 11 - 12	Girls 11 - 12	Girls 11 - 12
13:15 - 13:30	Girls 13 - 14	Girls 13 - 14	Girls 13 - 14	Girls 13 - 14	Women 15+	Women 15+	Men 15+	Men 15+
13:30 - 13:45	Boys 9 - 12	Boys 9 - 12	Boys 9 - 12	Boys 9 - 12	Boys 9 - 12	Boys 13 - 14	Boys 13 - 14	Boys 13 - 14
	Session 3 Warm Up							
16:15 - 16:30	Girls 9 - 12	Girls 9 - 12	Girls 9 - 12	Girls 9 - 12	Girls 9 - 12	Girls 9 - 12	Girls 9 - 12	Girls 9 - 12
16:30 - 16:45	Mixed 8 & Under	Girls 13 +	Girls 13 +	Girls 13 +	Girls 13 +	Girls 13 +	Girls 13 +	Boys 10
16:45 - 17:00	Boys 9,11,12	Boys 9,11,12	Boys 9,11,12	Boys 9,11,12	Boys 13+	Boys 13+	Boys 13+	Boys 13+
	Girls	Sunday - Session 4 Warm Up						Boys
12:30 - 12:45	Girls 9 - 10	Girls 9 - 10	Girls 9 - 10	Girls 9 - 10	Girls 11 - 12	Girls 11 - 12	Girls 11 - 12	Girls 11 - 12
12:45 - 13:00	Mixed 8 & Under	Girls 13 +	Girls 13 +	Girls 13 +	Girls 13 +	Girls 13 +	Men 15+	Men 15+
13:00 - 13:15	Boys 9 - 14	Boys 9 - 14	Boys 9 - 14	Boys 9 - 14	Boys 9 - 14	Boys 9 - 14	Boys 9 - 14	Boys 9 - 14
	Session 5 Warm up							
14:55 - 15:10	Mixed 8 & Under	Girls 9 - 12	Girls 9 - 12	Girls 9 - 12	Girls 9 - 12	Girls 9 - 12	Girls 9 - 12	Girls 9 - 12
15:10 - 15:25	Girls 13 - 14	Girls 13 - 14	Girls 13 - 14	Girls 13 - 14	Women 15+	Women 15+	Men 15+	Men 15+
15:25 - 15:40	Boys 9 - 10	Boys 9 - 10	Boys 11 - 12	Boys 11 - 12	Boys 11 - 12	Boys 13 - 14	Boys 13 - 14	Boys 13 - 14

The last 5 minutes of each Warm Up can be used for Sprint Starts within allocated lanes.