

RCT Sprint and Skins Meet 2018

Warm-up times for Saturday 6th October

Tea/Coffee available for coaching staff first thing in the morning

Session 1

8.30 - 8.45 - 9-11 year olds (mixed) Last 5 mins lanes 0/1/8/9 become sprint lanes

8.45 - 9:00 - 12-13 Year olds (mixed) Last 5 mins lanes 0/1/8/9 become sprint lanes

9:00 - 9:20 - 14 -15 year olds (mixed) Last 5 mins lanes 0/1/8/9 become sprint lanes

There will be a 10-minute break before the start of the Skins events - to be confirmed on the day by the Referee.

Start 9.30am Estimated Finish 12:00

Lunch

Session 2

13:00 – 13:15 - 9-11 year olds (mixed) Last 5 mins lanes 0/1/8/9 become sprint lanes

13:15 – 13:30 - 12-13 Year olds (mixed) Last 5 mins lanes 0/1/8/9 become sprint lanes

13:30 – 13:50 - 14 -15 year olds (mixed) Last 5 mins lanes 0/1/8/9 become sprint lanes

There will be a 10-minute break before the start of the Skins events - to be confirmed on the day by the Referee.

Start 14:00 Estimated finish 16:30