

South East Wales Regional Meet (2nd Weekend) Warm Up Schedule.

Friday 7th Feb										
SESSION EIGHT										
Warm up	Time	Sprints	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
A	5.30-5.50	5.50-5.55	GIRLS	GIRLS	GIRLS	GIRLS	BOYS	BOYS	BOYS	BOYS
Saturday 8th Feb										
SESSION NINE										
Warm up	Time	Sprints	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
A	8.30-8.45	8.45-8.50	Girls 11-13	Girls 11-13	Girls 11-13	Girls 11-13	Girls 11-13	Girls 11-13	Girls 11-13	Girls 11-13
B	8.50-9.05	9.05-9.10	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov
C	9.10-9.25	9.25-9.30	Boys 11-13	Boys 11-13	Boys 11-13	Boys 14/ov	Boys 14/ov	Boys 14/ov	Boys 14/ov	Boys 14/ov
SESSION TEN										
A	11.45-11.57	11.57-12.00	Girls 11 yrs	Girls 15-16	Girls 15-16	Girls 15-16	Girls 15-16	Girls 15-16	Girls 15-16	Girls 15-16
B	12.00-12.12	12.12-12.15	Girls 14 yrs	Girls 14 yrs	Girls 14 yrs	Girls 14 yrs	Girls 14 yrs	Boys 15-16	Boys 15-16	Boys 15-16
C	12.15-12.27	12.27-12.30	Boys 14yrs	Boys 14yrs	Girls 17/ov	Girls 17/ov	Girls 17/ov	Girls 17/ov	Boys 17/ov	Boys 17/ov
D	12.30-12.42	12.42-12.45	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13	Boys 11-13	Boys 11-13	Boys 11-13	Boys 11-13
SESSION ELEVEN										
A	3.30-3.45	3.45-3.50	Boys 11-13	Boys 11-13	Boys 11-13	Boys 11-13	Boys 11-13	Boys 11-13	Girls 12 yrs	Girls 12 yrs
B	3.50-4.05	4.05-4.10	Girls 13 yrs	Girls 13 yrs	Girls 13 yrs	Boys 14yrs	Boys 14yrs	Girls 11yrs	Boys 17/ov	Boys 17/ov
C	4.10-4.25	4.25-4.30	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov	Girls 14/ov	Boys 15-16	Boys 15-16	Boys 15-16
Sunday 9th Feb										
SESSION TWELVE										
A	8.30-8.42	8.42-8.45	Boys 11-13	Boys 14/ov	Boys 14/ov	Boys 14/ov	Boys 14/ov	Boys 14/ov	Boys 14/ov	Boys 14/ov
B	8.45-8.57	8.57-9.00	Girls 17/ov	Girls 17/ov	Girls 17/ov	Girls 17/ov	Girls 14 yrs	Girls 14 yrs	Girls 14 yrs	Girls 14 yrs
C	9.00-9.12	9.12-9.15	Girls 15-16	Girls 15-16	Girls 15-16	Girls 15-16	Girls 15-16	Girls 15-16	Girls 11 yrs	Girls 11 yrs
D	9.15-9.27	9.27-9.30	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13	Girls 12-13
SESSION THIRTEEN										
A	12.15-12.27	12.27-12.30	Boys 11-13	Boys 11-13	Boys 11-13	Boys 11-13	Boys 11-13	Girls 12 yrs	Girls 12 yrs	Girls 12 yrs
B	12.30-12.42	12.42-12.45	Girls 13 yrs	Girls 13 yrs	Girls 13 yrs	Girls 13 yrs	Girls 13 yrs	Girls 17/ov	Girls 11 yrs	Girls 11 yrs
C	12.45-12.57	12.57-1.00	Boys 14-16	Boys 14-16	Boys 14-16	Boys 14-16	Boys 14-16	Boys 14-16	Boys 14-16	Boys 14-16
D	1.00-1.12	1.12-1.15	Girls 14-16	Girls 14-16	Girls 14-16	Girls 14-16	Girls 14-16	Boys 17/ov	Boys 17/ov	Boys 17/ov
SESSION FOURTEEN										
A	3.25-3.40	3.40-3.45	Boys 11-12	Boys 11-12	Boys 11-12	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12	Girls 11-12
B	3.45-4.00	4.00-4.05	Girls 13-14	Girls 13-14	Girls 13-14	Girls 13-14	Boys 13-14	Boys 13-14	Boys 13-14	Boys 13-14
C	4.05-4.30	4.20-4.25	Boys 15/ov	Boys 15/ov	Boys 15/ov	Boys 15/ov	Girls 15/ov	Girls 15/ov	Girls 15/ov	Girls 15/ov