

## **NORTH LANCS LEVEL 3 MEET WARM UP SCHEDULE**

### **Session 1 Saturday 15 July**

<b>8:30 – 8:45 am</b>	<b>Girls 11/12/13 years</b>
<b>8:45 – 9:00 am</b>	<b>Lanes 1 – 4 Boys 12/over</b>
	<b>Lanes 5 – 8 Girls 14/over</b>
<b>9:00 – 9:15 am</b>	<b>Boys 9/10/11 years</b>
<b>9:15 – 9:30 am</b>	<b>Girls 9/10 years</b>

**Session 1 start at 9:45 am**

### **Session 2 Saturday 16 July**

<b>1:15 – 1:30 pm</b>	<b>Boys 9/10/11 years</b>
<b>1:30 – 1:45 pm</b>	<b>Girls 9/10 years</b>
<b>1:45 – 2:00 pm</b>	<b>Girls 11/12/13 years</b>
<b>2:00 – 2:15 pm</b>	<b>Lanes 1 – 4 Boys 12/over</b>
	<b>Lanes 5 – 8 Girls 14/over</b>

**Session 2 start at 2:15 pm**  
**(as soon as possible after warm up ends)**

### **Session 3 Sunday 16 July**

<b>8:30 – 8:45 am</b>	<b>Lanes 1 – 4 Boys 12/over</b>
	<b>Lanes 5 – 8 Girls 14/over</b>
<b>8:45 – 9:00 am</b>	<b>Boys 9/10/11 years</b>
<b>9:00 – 9:15 am</b>	<b>Girls 9/10 years</b>
<b>9:15 – 9:30 am</b>	<b>Girls 11/12/13 years</b>

**Session 3 start at 9:45 am**

### **Session 4 Sunday 16 July**

<b>1:15 – 1:30 pm</b>	<b>Girls 9/10 years</b>
<b>1:30 – 1:45 pm</b>	<b>Girls 11/12/13 years</b>
<b>1:45 – 2:00 pm</b>	<b>Lanes 1 – 4 Boys 12/over</b>
	<b>Lanes 5 – 8 Girls 14/over</b>
<b>2:00 – 2:15 pm</b>	<b>Boys 9/10/11 years</b>

**Session 4 start at 2:15 pm**  
**(as soon as possible after warm up ends)**