

**SUFFOLK COUNTY ASA CHAMPIONSHIPS 2009
WARM UP SUNDAY MARCH 22ND 2009 - SESSION 11
SPRINT LANES AT THE DISCRETION OF COACHES**

FIRST 15 MINUTES	
Lane 1 (Clockwise)	teamIpswich (43)
Lane 2 (Anti Clockwise)	
Lane 3 (Clockwise)	
Lane 4 (Anti Clockwise)	
Lane 5 (Clockwise)	LOBSC (31)
Lane 6 (Anti Clockwise)	
Lane 7 (Clockwise)	
Lane 8 (Anti Clockwise)	NEWMARKET (6) & LEISTON (1)

SECOND 15 MINUTE SESSION	
Lane 1 (Clockwise)	STOWMARKET (13)
Lane 2 (Anti Clockwise)	
Lane 3 (Clockwise)	BECCLES (12)
Lane 4 (Anti Clockwise)	
Lane 5 (Clockwise)	
Lane 6 (Anti Clockwise)	FELIXSTOWE (5)
Lane 7 (Clockwise)	HADLEIGH (5)
Lane 8 (Anti Clockwise)	MILDENHALL (8)
	SUDBURY (8)

THIRD 15 MINUTE SESSION	
Lane 1 (Clockwise)	ST FELIX (29)
Lane 2 (Anti Clockwise)	
Lane 3 (Clockwise)	
Lane 4 (Anti Clockwise)	DEBEN (23)
Lane 5 (Clockwise)	
Lane 6 (Anti Clockwise)	
Lane 7 (Clockwise)	WEST SUFFOLK (17)
Lane 8 (Anti Clockwise)	