

**SUFFOLK COUNTY ASA CHAMPIONSHIPS 2009  
WARM UP SUNDAY MARCH 22ND 2009 - SESSION 12**

**SPRINT LANES AT THE DISCRETION OF COACHES**

| <b>FIRST 10 MINUTES</b> |               |
|-------------------------|---------------|
| Lane 1 (Clockwise)      | <b>DEBEN</b>  |
| Lane 2 (Anti Clockwise) |               |
| Lane 3 (Clockwise)      |               |
| Lane 4 (Anti Clockwise) |               |
| Lane 5 (Clockwise)      |               |
| Lane 6 (Anti Clockwise) | <b>SAXONS</b> |
| Lane 7 (Clockwise)      |               |
| Lane 8 (Anti Clockwise) |               |

| <b>SECOND 10 MINUTE SESSION</b> |                                   |
|---------------------------------|-----------------------------------|
| Lane 1 (Clockwise)              | <b>FEMALE SKINS FINALISTS (8)</b> |
| Lane 2 (Anti Clockwise)         | <b>MALE SKINS FINALISTS (8)</b>   |
| Lane 3 (Clockwise)              | <b>HADLEIGH</b>                   |
| Lane 4 (Anti Clockwise)         |                                   |
| Lane 5 (Clockwise)              |                                   |
| Lane 6 (Anti Clockwise)         | <b>BECCLES</b>                    |
| Lane 7 (Clockwise)              |                                   |
| Lane 8 (Anti Clockwise)         |                                   |

| <b>THIRD 10 MINUTE SESSION</b> |                                   |
|--------------------------------|-----------------------------------|
| Lane 1 (Clockwise)             | <b>FEMALE SKINS FINALISTS (8)</b> |
| Lane 2 (Anti Clockwise)        | <b>MALE SKINS FINALISTS (8)</b>   |
| Lane 3 (Clockwise)             | <b>teamIpswich</b>                |
| Lane 4 (Anti Clockwise)        |                                   |
| Lane 5 (Clockwise)             |                                   |
| Lane 6 (Anti Clockwise)        |                                   |
| Lane 7 (Clockwise)             |                                   |
| Lane 8 (Anti Clockwise)        |                                   |

| <b>FOURTH 10 MINUTE SESSION</b> |                |
|---------------------------------|----------------|
| Lane 1 (Clockwise)              | <b>LOBSC</b>   |
| Lane 2 (Anti Clockwise)         |                |
| Lane 3 (Clockwise)              |                |
| Lane 4 (Anti Clockwise)         |                |
| Lane 5 (Clockwise)              |                |
| Lane 6 (Anti Clockwise)         | <b>SUDBURY</b> |
| Lane 7 (Clockwise)              |                |
| Lane 8 (Anti Clockwise)         |                |

| <b>FIFTH 10 MINUTE SESSION</b> |                   |
|--------------------------------|-------------------|
| Lane 1 (Clockwise)             | <b>ST FELIX</b>   |
| Lane 2 (Anti Clockwise)        |                   |
| Lane 3 (Clockwise)             |                   |
| Lane 4 (Anti Clockwise)        |                   |
| Lane 5 (Clockwise)             | <b>STOWMARKET</b> |
| Lane 6 (Anti Clockwise)        |                   |
| Lane 7 (Clockwise)             |                   |
| Lane 8 (Anti Clockwise)        |                   |

| <b>SIXTH 10 MINUTE SESSION</b> |                     |
|--------------------------------|---------------------|
| Lane 1 (Clockwise)             | <b>FELIXSTOWE</b>   |
| Lane 2 (Anti Clockwise)        |                     |
| Lane 3 (Clockwise)             |                     |
| Lane 4 (Anti Clockwise)        |                     |
| Lane 5 (Clockwise)             | <b>WEST SUFFOLK</b> |
| Lane 6 (Anti Clockwise)        |                     |
| Lane 7 (Clockwise)             |                     |
| Lane 8 (Anti Clockwise)        |                     |