

**SUFFOLK COUNTY ASA CHAMPIONSHIPS 2009
WARM UP SUNDAY MARCH 22ND 2009 - SESSION 13
SPRINT LANES AT THE DISCRETION OF COACHES**

FIRST 10 MINUTES	
Lane 1 (Clockwise)	DEBEN
Lane 2 (Anti Clockwise)	
Lane 3 (Clockwise)	
Lane 4 (Anti Clockwise)	
Lane 5 (Clockwise)	
Lane 6 (Anti Clockwise)	BECCLES
Lane 7 (Clockwise)	
Lane 8 (Anti Clockwise)	

SECOND 10 MINUTE SESSION	
Lane 1 (Clockwise)	SUDBURY
Lane 2 (Anti Clockwise)	
Lane 3 (Clockwise)	
Lane 4 (Anti Clockwise)	
Lane 5 (Clockwise)	SAXONS
Lane 6 (Anti Clockwise)	
Lane 7 (Clockwise)	
Lane 8 (Anti Clockwise)	

THIRD 10 MINUTE SESSION	
Lane 1 (Clockwise)	teamIpswich
Lane 2 (Anti Clockwise)	
Lane 3 (Clockwise)	
Lane 4 (Anti Clockwise)	
Lane 5 (Clockwise)	
Lane 6 (Anti Clockwise)	
Lane 7 (Clockwise)	
Lane 8 (Anti Clockwise)	

FOURTH 10 MINUTE SESSION	
Lane 1 (Clockwise)	LOBSC
Lane 2 (Anti Clockwise)	
Lane 3 (Clockwise)	
Lane 4 (Anti Clockwise)	
Lane 5 (Clockwise)	
Lane 6 (Anti Clockwise)	HADLEIGH
Lane 7 (Clockwise)	
Lane 8 (Anti Clockwise)	

FIFTH 10 MINUTE SESSION	
Lane 1 (Clockwise)	ST FELIX
Lane 2 (Anti Clockwise)	
Lane 3 (Clockwise)	
Lane 4 (Anti Clockwise)	
Lane 5 (Clockwise)	STOWMARKET
Lane 6 (Anti Clockwise)	
Lane 7 (Clockwise)	
Lane 8 (Anti Clockwise)	

SIXTH 10 MINUTE SESSION	
Lane 1 (Clockwise)	FELIXSTOWE
Lane 2 (Anti Clockwise)	
Lane 3 (Clockwise)	
Lane 4 (Anti Clockwise)	
Lane 5 (Clockwise)	WEST SUFFOLK
Lane 6 (Anti Clockwise)	
Lane 7 (Clockwise)	
Lane 8 (Anti Clockwise)	