

**BRITISH GAS SUFFOLK COUNTY ASA CHAMPIONSHIPS 2010  
WARM UP SATURDAY MARCH 6th 2010 - SESSION 3  
3:00PM - 4:00PM**

**SPRINT LANES AT THE DISCRETION OF COACHES**

<b>FIRST 20 MINUTES</b>	
Lane 1 (Clockwise)	<b>TEAMIPSWICH</b>
Lane 2 (Anti Clockwise)	
Lane 3 (Clockwise)	
Lane 4 (Anti Clockwise)	
Lane 5 (Clockwise)	<b>ST FELIX</b>
Lane 6 (Anti Clockwise)	
Lane 7 (Clockwise)	<b>MILDENHALL</b>
Lane 8 (Anti Clockwise)	<b>NEWMARKET</b>
<b>SECOND 20 MINUTE SESSION</b>	
Lane 1 (Clockwise)	<b>STOWMARKET</b>
Lane 2 (Anti Clockwise)	
Lane 3 (Clockwise)	<b>BECCLES</b>
Lane 4 (Anti Clockwise)	<b>DEBEN</b>
Lane 5 (Clockwise)	
Lane 6 (Anti Clockwise)	
Lane 7 (Clockwise)	<b>SUDBURY</b>
Lane 8 (Anti Clockwise)	
<b>THIRD 20 MINUTE SESSION</b>	
Lane 1 (Clockwise)	<b>WEST SUFFOLK</b>
Lane 2 (Anti Clockwise)	
Lane 3 (Clockwise)	
Lane 4 (Anti Clockwise)	<b>LOBSC</b>
Lane 5 (Clockwise)	
Lane 6 (Anti Clockwise)	
Lane 7 (Clockwise)	<b>FELIXSTOWE</b>
Lane 8 (Anti Clockwise)	<b>LEISTON &amp; HADLEIGH</b>

**BRITISH GAS SUFFOLK COUNTY ASA CHAMPIONSHIPS 2010  
WARM UP SATURDAY MARCH 6th 2010 - SESSION 4  
6:15PM - 6:51PM**

**SPRINT LANES AT THE DISCRETION OF COACHES**

<b>FIRST 12 MINUTE SESSION</b>	
Lane 1 (Clockwise)	<b>BECCLES</b>
Lane 2 (Anti Clockwise)	<b>DEBEN</b>
Lane 3 (Clockwise)	
Lane 4 (Anti Clockwise)	<b>FELIXSTOWE &amp; HADLEIGH</b>
Lane 5 (Clockwise)	<b>LEISTON &amp; MILDENHALL</b>
Lane 6 (Anti Clockwise)	<b>LOBSC</b>
Lane 7 (Clockwise)	
Lane 8 (Anti Clockwise)	
<b>SECOND 12 MINUTE SESSION</b>	
Lane 1 (Clockwise)	<b>ST FELIX</b>
Lane 2 (Anti Clockwise)	
Lane 3 (Clockwise)	
Lane 4 (Anti Clockwise)	<b>TEAMIPSWICH</b>
Lane 5 (Clockwise)	
Lane 6 (Anti Clockwise)	
Lane 7 (Clockwise)	
Lane 8 (Anti Clockwise)	
<b>THIRD 12 MINUTE SESSION</b>	
Lane 1 (Clockwise)	<b>NEWMARKET</b>
Lane 2 (Anti Clockwise)	<b>STOWMARKET</b>
Lane 3 (Clockwise)	
Lane 4 (Anti Clockwise)	<b>WEST SUFFOLK</b>
Lane 5 (Clockwise)	
Lane 6 (Anti Clockwise)	
Lane 7 (Clockwise)	<b>SUDBURY</b>
Lane 8 (Anti Clockwise)	

**BRITISH GAS SUFFOLK COUNTY ASA CHAMPIONSHIPS 2010  
WARM UP SUNDAY MARCH 7th 2010 - SESSION 5  
9:30AM - 10:30AM**

**SPRINT LANES AT THE DISCRETION OF COACHES**

<b>FIRST 12 MINUTES</b>	
Lane 1 (Clockwise)	<b>WEST SUFFOLK</b>
Lane 2 (Anti Clockwise)	
Lane 3 (Clockwise)	
Lane 4 (Anti Clockwise)	
Lane 5 (Clockwise)	
Lane 6 (Anti Clockwise)	<b>LOBSC</b>
Lane 7 (Clockwise)	
Lane 8 (Anti Clockwise)	
<b>SECOND 12 MINUTE SESSION</b>	
Lane 1 (Clockwise)	<b>HADLEIGH</b>
Lane 2 (Anti Clockwise)	<b>TEAMIPSWICH</b>
Lane 3 (Clockwise)	
Lane 4 (Anti Clockwise)	
Lane 5 (Clockwise)	
Lane 6 (Anti Clockwise)	
Lane 7 (Clockwise)	
Lane 8 (Anti Clockwise)	
<b>THIRD 12 MINUTE SESSION</b>	
Lane 1 (Clockwise)	<b>SUDBURY</b>
Lane 2 (Anti Clockwise)	
Lane 3 (Clockwise)	
Lane 4 (Anti Clockwise)	<b>DEBEN</b>
Lane 5 (Clockwise)	
Lane 6 (Anti Clockwise)	
Lane 7 (Clockwise)	
Lane 8 (Anti Clockwise)	

**SESSION 5 CONTINUED**

<b>FOURTH 12 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>MILDENHALL</b>
Lane 6 (Anti Clockwise)	
Lane 7 (Clockwise)	<b>NEWMARKET</b>
Lane 8 (Anti Clockwise)	
<b>FIFTH 12 MINUTE SESSION</b>	
Lane 1 (Clockwise)	<b>BECCLLES</b>
Lane 2 (Anti Clockwise)	
Lane 3 (Clockwise)	<b>LEISTON</b>
Lane 4 (Anti Clockwise)	<b>STOWMARKET</b>
Lane 5 (Clockwise)	
Lane 6 (Anti Clockwise)	
Lane 7 (Clockwise)	<b>FELIXSTOWE</b>
Lane 8 (Anti Clockwise)	

**BRITISH GAS SUFFOLK COUNTY ASA CHAMPIONSHIPS 2010  
WARM UP SUNDAY MARCH 7th 2010 - SESSIONS 6  
1:15PM - 2:15PM**

**SPRINT LANES AT THE DISCRETION OF COACHES**

<b>FIRST 15 MINUTES</b>	
Lane 1 (Clockwise)	<b>MILDENHALL</b>
Lane 2 (Anti Clockwise)	<b>NEWMARKET</b>
Lane 3 (Clockwise)	
Lane 4 (Anti Clockwise)	<b>BECCLES</b>
Lane 5 (Clockwise)	
Lane 6 (Anti Clockwise)	<b>ST FELIX</b>
Lane 7 (Clockwise)	
Lane 8 (Anti Clockwise)	
<b>SECOND 15 MINUTE SESSION</b>	
Lane 1 (Clockwise)	<b>HADLEIGH</b>
Lane 2 (Anti Clockwise)	<b>LEISTON</b>
Lane 3 (Clockwise)	<b>LOBSC</b>
Lane 4 (Anti Clockwise)	
Lane 5 (Clockwise)	
Lane 6 (Anti Clockwise)	<b>DEBEN</b>
Lane 7 (Clockwise)	
Lane 8 (Anti Clockwise)	
<b>THIRD 15 MINUTE SESSION</b>	
Lane 1 (Clockwise)	<b>FELIXSTOWE</b>
Lane 2 (Anti Clockwise)	
Lane 3 (Clockwise)	<b>SADBURY</b>
Lane 4 (Anti Clockwise)	
Lane 5 (Clockwise)	
Lane 6 (Anti Clockwise)	<b>WEST SUFFOLK</b>
Lane 7 (Clockwise)	
Lane 8 (Anti Clockwise)	

**SESSION 6 CONTINUED**

<b>FOURTH 15 MINUTE SESSION</b>	
Lane 1 (Clockwise)	<b>STOWMARKET</b>
Lane 2 (Anti Clockwise)	
Lane 3 (Clockwise)	<b>TEAMIPSWICH</b>
Lane 4 (Anti Clockwise)	
Lane 5 (Clockwise)	
Lane 6 (Anti Clockwise)	
Lane 7 (Clockwise)	
Lane 8 (Anti Clockwise)	

**BRITISH GAS SUFFOLK COUNTY ASA CHAMPIONSHIPS 2010  
WARM UP SUNDAY MARCH 7TH 2010 - SESSION 7  
4:30PM - 5:00PM**

**SPRINT LANES AT THE DISCRETION OF COACHES**

<b>FIRST 15 MINUTES</b>	
Lane 1 (Clockwise)	<b>BECCLLES, LEISTON &amp; FELIXSTOWE</b>
Lane 2 (Anti Clockwise)	<b>DEBEN</b>
Lane 3 (Clockwise)	<b>MILDENHALL &amp; NEWMARKET</b>
Lane 4 (Anti Clockwise)	<b>LOBSC</b>
Lane 5 (Clockwise)	
Lane 6 (Anti Clockwise)	
Lane 7 (Clockwise)	<b>WEST SUFFOLK</b>
Lane 8 (Anti Clockwise)	
<b>SECOND 15 MINUTE SESSION</b>	
Lane 1 (Clockwise)	<b>STOWMARKET &amp; SUDBURY</b>
Lane 2 (Anti Clockwise)	<b>ST FELIX</b>
Lane 3 (Clockwise)	
Lane 4 (Anti Clockwise)	
Lane 5 (Clockwise)	<b>TEAMIPSWICH</b>
Lane 6 (Anti Clockwise)	
Lane 7 (Clockwise)	
Lane 8 (Anti Clockwise)	