

**Swim England Suffolk County Championships 2025  
Warm-up Summary**

	<b>Session 3 2.30pm</b>	<b>Session 4 8.30am</b>	<b>Session 5 1.30pm</b>	<b>Session 6 2.30pm</b>	<b>Session 7 8.30am</b>	<b>Session 8 1.30pm</b>	<b>Session 9 9.30am</b>	<b>Session 10 1.00pm</b>
<b>Deben</b>	2:45pm 5 lanes	8:30am 5 lanes	2:15pm 5 lanes	3:00pm 4 lanes	8:45am 5 lanes	1:30pm 5 lanes	9:45am 3 lanes	2:00pm 4 lanes
<b>Felixstowe</b>	2:45pm 1 lane	8:30am 1 lane	1:30pm 1 lane	3:00pm 1 lane	8:45am 1 lane	1:30pm 1 lane shared		1:00pm 2 lanes
<b>Hadleigh</b>	2:45pm 2 lanes	8:30am 2 lanes	2:15pm 1 lane shared	3:00pm 1 lane	8:45am 1 lane	1:30pm 1 lane shared	10:00am 1 lane	1:00pm 3 lanes
<b>Halesworth</b>	3:00pm 1 lane	8:45am 1 lane	2:15pm 1 lane shared	3:00pm 1 lane	8:45am 1 lane	2:15pm shared *		1:00pm 2 lanes
<b>Leiston</b>	3:00pm 2 lanes	8:45am 2 lanes	2:15pm 2 lanes	2:30pm 2 lanes	9:00am 3 lanes	1:30pm 2 lanes	10:00am 2 lanes	1:15pm 4 lanes
<b>Mildenhall</b>	3:30pm 1 lane	9:15am 1 lane	1:30pm 1 lane	3:30pm 2 lanes	9:30am 1 lane	2:15pm shared !	9:45am 1 lane	
<b>Newmarket</b>	3:15pm 4 lanes	9:00am 4 lanes	1:30pm 3 lanes	3:15pm 4 lanes	9:15am 4 lanes	2:00pm 3 lanes	10:00am 3 lanes	1:30pm 4 lanes
<b>Stowmarket</b>	3:30pm 6 lanes	9:15am 6 lanes	1:45pm 5 lanes	2:30pm 6 lanes	9:30am 6 lanes	2:00pm 5 lanes	9:45am 4 lanes	1:15pm 4 lanes
<b>teamIpswich</b>	2:30pm 8 lanes	9:30am 8 lanes	2:00pm 8 lanes	2:45pm 8 lanes	8:30am 8 lanes	1:45pm 8 lanes	9:30am 5 lanes	1:30pm 4 lanes
<b>team Waveney</b>	3:15pm 4 lanes	9:00am 4 lanes	1:45pm 3 lanes	3:15pm 4 lanes	9:00am 4 lanes	2:15pm 4 lanes *	9:30am 3 lanes	1:45pm 4 lanes
<b>West Suffolk</b>	3:00pm 5 lanes	8:45am 4 lanes	1:30pm 3 lanes	3:30pm 5 lanes	9:15am 4 lanes	2:15pm 4 lanes !	10:00am 2 lanes	2:00pm 4 lanes

**4 lanes will be provided for Skins finalists during the Session 10 warm up at 1:45pm**

\* 1 swimmer from Halesworth to warm up with team Waveney  
! 5 swimmers from Mildenhall to warm up with West Suffolk

03/02/2026