

Session 1

Warm Up 1 - 2:30pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Team Waveney				West Suffolk			

Warm Up 2 - 2:45pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Stowmarket				Leiston		St Felix	

Warm Up 3 - 3:00pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Ipswich				Deben			

Warm Up 4 - 3:15pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Hadleigh		Felixstowe		Newmarket			

Session 2

Warm Up 1 - 8:30am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Ipswich				Deben			

Warm Up 2 - 8:45am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Team Waveney				West Suffolk			

Warm Up 3 - 9:00am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Hadleigh		Felixstowe		Newmarket			

Warm Up 4 - 9:15am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Stowmarket				Leiston		St Felix	

Session 3

Warm Up 1 - 1:00pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Stowmarket				Leiston		St Felix	

Warm Up 2 - 1:15pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Hadleigh		Felixstowe		Newmarket			

Warm Up 3 - 1:30pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Team Waveney				West Suffolk			

Warm Up 4 - 1:45pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Ipswich				Deben			