

**Suffolk ASA County Championships 2022  
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 10 12:45pm</b>
<b>Deben</b>	3:15pm 3 lanes	9:30am 3 lanes	1:30pm 3 lanes	2:45pm 3 lanes	9:00am 3 lanes	2:15pm 3 lanes	12:45pm 2 lanes
<b>Felixstowe</b>	3:30pm 1 lane	8:30am 1 lane	1:45pm 1 lane	3:00pm 1 lane	9:15am 1 lane	2:30pm 1 lane	
<b>Hadleigh</b>	2:45pm 2 lanes	9:00am 2 lanes	2:15pm 2 lanes	3:00pm 2 lanes	9:15am 2 lanes	2:30pm 2 lane	12:45pm 2 lanes
<b>Leiston</b>	3:30pm 2 lanes	8:30am 2 lanes	1:45pm 2 lanes	3:30pm 3 lanes	8:30am 3 lanes	1:45pm 3 lanes	1:00pm 2 lanes
<b>Mildenhall</b>	2:45pm 1 lane	8:30am 1 lane	1:45pm 1 lane	3:00pm 1 lane	9:15am 1 lane	2:30pm 1 lane	
<b>Newmarket</b>	3:30pm 5 lanes	8:30am 4 lanes	1:45pm 4 lanes	3:00pm 4 lanes	9:15am 4 lanes	2:30pm 4 lanes	1:00pm 2 lanes
<b>St Felix</b>	3:15pm 5 lanes	9:30am 5 lanes	1:30pm 5 lanes	2:45pm 5 lanes	9:00am 5 lanes	2:15pm 5 lanes	1:00pm 2 lanes
<b>Stowmarket</b>	3:00pm 4 lanes	9:15am 4 lanes	2:30pm 4 lanes	2:30pm 4 lanes	8:45am 4 lanes	2:00pm 4 lanes	1:00pm 2 lanes
<b>teamIpswich</b>	2:30pm 8 lanes	8:45am 8 lanes	2:00pm 8 lanes	3:15pm 8 lanes	9:30am 8 lanes	1:30pm 8 lanes	1:15pm 2 lanes
<b>team Waveney</b>	3:00pm 4 lanes	9:15am 4 lanes	2:30pm 4 lanes	2:30pm 4 lanes	8:45am 4 lanes	2:00pm 4 lanes	1:15pm 2 lanes
<b>West Suffolk</b>	2:45pm 5 lanes	9:00am 6 lanes	2:15pm 6 lanes	3:30pm 5 lanes	8:30am 5 lanes	1:45pm 3 lanes	1:15pm 2 lanes

**Session 9 warm-ups: Girls 10:00am; Boys 10:15am**

11/01/2022