



Southport Sprint Finale Warm Up Schedule

AM

7.55 - 8.10	Boys 9 – 11
8.10 – 8.25	Boys 12+
8.25 – 8.40	Girls 9 – 11
8.40 – 8.55	Girls 12+

Session Start 9am

PM

11.55 – 12.10	Girls 9 – 11
12.10 – 12.25	Girls 12+
12.25 – 12.40	Boys 9 – 11
12.40 – 12.55	Boys 12+

Session Start 1pm

After numerous requests and due to the World Cup we have moved the warm up times, We are planning to finish the session well before 4pm. If anyone is wishing to withdraw from the afternoon session please let me know in plenty of time so we can reduce the session time further, we don't want to be racing with empty lanes.