

# Worcester County Championships 2015

## Proposed Warm-Up schedule

Due to the limitations on bather numbers in the pool, there is no fixed format. Each session is arranged dependant on the spread of athletes.

3 or 4 Sprint lanes should be opened for the last 5 minutes of each session.

Coaches should also note that there is no additional warm-up facility for the distance events at Reading.

<b>Warm Up Protocol - Worcester Counties 2015</b>							
<b>Saturday 7th March at Wolverhampton</b>							
<b>Session 1</b>				<b>Session 2</b>			
W/U 1	9.00-9.13	13/u Girls	85	W/U 1	1.30-1.43	15/u Boys	79
W/U 2	9.14-9.28	14+ Girls	85	W/U 2	1.44-1.58	16+ Boys, 15+ Girls	72
W/U 3	9.29-9.42	13/u Boys	77	W/U 3	1.59-2.12	12-14 Girls	82
W/U 4	9.43-9.58	14+ Boys	57	W/U 4	2.13-2.28	9-11 Girls	66
<b>Sunday 8th March at Wolverhampton</b>							
<b>Session 3</b>				<b>Session 4</b>			
W/U 1	9.00-9.13	12/u Girls	89	W/U 1	1.30-1.48	16/u Girls	72
W/U 2	9.14-9.28	13-15 Girls	71	W/U 2	1.49-2.08	17+ Girls, 14+ Boys	74
W/U 3	9.29-9.42	16+ Girls, 15+ Boys	70	W/U 3	2.08-2.27	13/u Boys	89
W/U 4	9.43-9.58	14/u Boys	91				
<b>Saturday 14th March at Wolverhampton</b>							
<b>Session 5</b>				<b>Session 6</b>			
W/U 1	9.00-9.13	16/u Boys	72	W/U 1	1.30-1.48	12/u Girls	92
W/U 2	9.14-9.28	17+ Boys, 15+ Girls	65	W/U 2	1.49-2.08	13+ Girls	94
W/U 3	9.29-9.42	11/u Girls	74	W/U 3	2.08-2.27	All Boys	86
W/U 4	9.43-9.58	12-14 Girls	86				
<b>Sunday 15th March at Wolverhampton</b>							
<b>Session 7</b>				<b>Session 8</b>			
W/U 1	9.00-9.13	14/u Boys	79	W/U 1	1.30-1.43	13/u Boys	75
W/U 2	9.14-9.28	15+ Boys, 17+ Girls	64	W/U 2	1.44-1.58	14+ Boys	74
W/U 3	9.29-9.42	12/u Girls	86	W/U 3	1.59-2.12	12/u Girls	81
W/U 4	9.43-9.58	13-16 Girls	64	W/U 4	2.13-2.28	13+ Girls	59
<b>Distance Day Sunday 22nd March at Redditch</b>							
<b>Session 9 (1500m)</b>				<b>Session 10 (800m)</b>			
W/U 1	9.30-9.58am	Mixed	27	W/U 1	12.30-12.58	Mixed	59