



## Warm-up Schedule

Session 1	Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Warm-up 1	13:00 - 13:30	Crawley and Epsom District	Epsom District	Epsom District	Epsom District	Epsom District	Dulwich
Warm-up 2	13:30 - 13:55	Leatherhead and SW London Fin	Leatherhead	South Croydon and Cheam	Orpington Ojays	Kingston Royals	Kingston Royals
Session 2	Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Warm-up 1	17:00 - 17:25	Crawley and Epsom District	Epsom District	Epsom District	Epsom District	Epsom District	Dulwich
Warm-up 2	17:25 - 17:55	Leatherhead and SW London Fin	Leatherhead	South Croydon and Cheam	Orpington Ojays	Kingston Royals	Kingston Royals
Session 3	Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Warm-up 1	11:30 - 11:55	Crawley and Epsom District	Epsom District	Epsom District	Epsom District	Epsom District	Dulwich
Warm-up 2	11:55 - 12:25	Leatherhead and SW London Fin	Leatherhead	South Croydon and Cheam	Orpington Ojays	Kingston Royals	Kingston Royals
Session 4	Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Warm-up 1	15:30 - 16:00	Crawley and Epsom District	Epsom District	Epsom District	Epsom District	Epsom District	Dulwich
Warm-up 2	16:00 - 16:25	Leatherhead and SW London Fin	Leatherhead	South Croydon and Cheam	Orpington Ojays	Kingston Royals	Kingston Royals