

Southwold May Open Meet 2023

Warm Up Schedule -Session 1 - Sat Early pm GL1 Pool - Gloucester

| Lane | 11:15 to 11:30 | 11:30 to 11:45 | 11:45 to 12:00 | 12:00 to 12:15 |
|------|----------------|----------------|----------------------|------------------------|
| 1 | Boys 9 Yrs | Boys 13 Yrs | Girls 10 Yrs | Girls 11 Yrs |
| 2 | Boys 10 Yrs | | | |
| 3 | | Boys 14 Yrs | Girls 12 Yrs | Girls 14 Yrs |
| 4 | Boys 11 Yrs | | | |
| 5 | | Boys 12 Yrs | Men 15 Yrs & Over | Women 15 Yrs & Over |
| 6 | Girls 9 Yrs | | | |
| 7 | | | | |
| 8 | Spare | | | |