



Basildon Phoenix Swimming Club



WINTER LONG COURSE MEET WARM UP TIMES

	SESSION 1		SESSION 3
	BOYS WARM UP 8AM		GIRLS WARM UP 8AM
	GIRLS WARM UP 8.25AM		BOYS WARM UP 8.25AM
	SIGNING IN CLOSES 8.30AM		SIGNING IN CLOSES 8.30AM
	START 9AM		START 9AM
	SESSION 2		SESSION 4
	BOYS WARM UP 11.15AM		GIRLS WARM UP 11.15AM
	GIRLS WARM UP 11.40AM		BOYS WARM UP 11.40AM
	SIGNING IN CLOSES 11.45AM		SIGNING IN CLOSES 11.45AM
	START 12.15PM		START 12.15PM

Time trials will be accepted in ALL events but MUST be handed in to the results desk by signing in close time