

SHROPSHIRE ASA SUMMER MEET 2023 – 24 June

WARM UP SCHEDULE

Session 1 – 4 x 15 minute warm up's (8.00-9.00) Warm up Lead

- Girls 10-12 years 8.00-8.15am
- Girls 13 years and over 8.15-8.30am
- Boys 10-12 years 8.30-8.45am
- Boys 13 years and over 8.45-9.00am

Session 2 – 4 x 15 minute warm up's (2.00-3.00) Warm up Lead

- Boys 10-12 years 1.30-1.45pm
- Boys 13 years and over 1.45-2.00pm
- Girls 10-12 years 2.00-2.15pm
- Girls 13 years and over 2.15-2.30pm

Odd lanes clockwise, even lanes anti clockwise.

Sprint lanes will be advised during each warm up by the warm up lead.

No training aids to be used during warm ups please.