



## **Jingle Bell Splash warm up information**

### **Session 1 warm up- 8:00am – 8:55am (Sprints can be in any lane as long as cleared toward end of each warm up)**

13 years and younger males 8:00 - 8:15am

14 year and older males 8:15 - 8:30am

13 years and younger Females: 8:30 - 8:43am

14 years and older Females: 8:43 - 8:55am

### **Session 2 warm up- 1:30pm – 2:25pm (Sprints can be in any lane as long as cleared toward end of each warm up)**

13 years and younger males 1:30 - 1:45pm

14 year and older males 1:45 - 2:00pm

13 years and younger Females: 2:00 – 2:13pm

14 years and older Females: 2:13 – 2:25pm

### **Session 3 warm up- 8:00am – 8:55am (Sprints can be in any lane as long as cleared toward end of each warm up)**

13 years and younger Females 8:00 - 8:15am

14 year and older Females 8:15 - 8:30am

13 years and younger Males: 8:30 - 8:43am

14 years and older Males: 8:43 - 8:55am

### **Session 4 warm up- 1:30pm – 2:25pm (Sprints can be in any lane as long as cleared toward end of each warm up)**

13 years and younger Females 1:30 - 1:45pm

14 year and older Females 1:45 - 2:00pm

13 years and younger Males: 2:00 – 2:13pm

14 years and older Males: 2:13 – 2:25pm





**Lanes Based on number of entrants**

<b><u>Lanes</u></b>	<b><u>1</u></b>	<b><u>2</u></b>	<b><u>3</u></b>	<b><u>4</u></b>	<b><u>5</u></b>	<b><u>6</u></b>
<b><u>Clubs</u></b>	Eckington, Lincoln TSA, Douglas	Deepings	Bassetlaw SS, RETFORD, Bircotes, Rotheram M	Worksop	Gainsborough, Newark	Calv Bing, CO Manchester, Notts Leander, Dronfield, Bramcote

