

### **SESSION TIMINGS**

## FRIDAY 30<sup>TH</sup> MARCH 2018

#### SESSION 1

Sign In Closes: 16.55hrs

Warm Up (Combined): 17.00 - 17.30hrs

Session Starts: 17.40hrs

# SATURDAY 31<sup>ST</sup> MARCH 2018

SESSION 2		SESSION 3		SESSION 4	
Sign In Closes:	08.10hrs	Sign In Closes at:	12.15hrs	Sign In Closes at:	16.15hrs
Warm Up (Boys):	08.00-08.30hrs	Warm Up (Girls):	12:15 - 12.45hrs	Warm Up (Boys):	16:15 - 16.40hrs
Warm Up (Girls):	08:30-09.00hrs	Warm Up (Boys):	12.45 - 13:15hrs	Warm Up (Girls):	16.40 – 17:050hrs
Start:	09.10hrs	Start:	13.15hrs	Start:	17.05 hrs

## SUNDAY 1<sup>ST</sup> APRIL 2018

SESSION 5		SESSION 6		SESSION 7	
Sign In Closes at:	08.10hrs	Sign In Closes:	12.15hrs	Sign In Closes at:	16.15hrs
Warm Up (Girls):	08.00-08.30hrs	Warm Up (Boys):	12:15 – 12.45hrs	Warm Up (Girls):	16:15 - 16.40hrs
Warm Up (Boys):	08:30-09.00hrs	Warm Up (Girls):	12.45 – 13:15hrs	Warm Up (Boys):	16.40 – 17:050hrs
Start:	09.10hrs	Start:	13.15hrs	Start:	17.05 hrs