

Bristol & South Gloucestershire L3 County				Bristol & South Gloucestershire L3 County			
Saturday 29th November - Session 1 & 2 Warm Up				Sunday 30th November - Session 3 & 4 Warm Up			
Session 1 Warm Up		Session 2 Warm Up		Session 3 Warm Up		Session 4 Warm Up	
1-1.15pm warm up. Sprints in the final 5 minutes		4.50-5.05pm warm up. Sprints in the final 5 minutes		10-10.15am warm up. Sprints in the final 5 minutes		2-2.15pm warm up. Sprints in the final 5 minutes	
Girls 9-11 years & Girls 15 years		Boys 9-13 years		Lanes 1-7: Girls 9-11 years Lane 8: Girls 16+		Boys 9-13 years	
1.15-1.30pm warm up. Sprints in the final 5 minutes		5.05-5.20pm warm up. Sprints in the final 5 minutes		10.15-10.30am warm up. Sprints in the final 5 minutes		2.15-2.30pm warm up. Sprints in the final 5 minutes.	
Girls 12-13 years		Lanes 1-5: Boys 14+ years Lanes 6-8: Girls 9-10 years		Girls 12-13 years		Lanes 1-4: Boys 14+ years Lanes 5-8: Girls 9-10 years	
1.30-1.45pm warm up. Sprints in the final 5 minutes		5.20-5.35pm warm up. Sprints in the final 5 minutes		10.30-10.45am warm up. Sprints in the final 5 minutes		2.30-2.45pm warm up. Sprints in the final 5 minutes	
Lanes 1-4: Girls 14 & 16+ years Lanes 5-8: Boys 9-11 years		Girls 11-12 years		Lanes 1-5: Girls 14 & 15 years Lanes 6-8: Boys 9-11 years		Girls 11-12 years	
1.45-2pm warm up. Sprints in the final 5 minutes		5.35-5.50pm warm up. Sprints in the final 5 minutes		10.45-11am warm up. Sprints in the final 5 minutes.		2.45-3pm warm up. Sprints in the final 5 minutes	
Boys 12+ years		Girls 13+ years		Boys 12+ years		Girls 13+ years	