

JIM18 WARM UPS

MORNING WARM UP STARTS 8.00 am

8.00 am - **9 + 10 year Girls** (10 mins)

8.10 am - **11 year Girls** (10 mins)

8.20 am - **8 (lane 6) + 12 year Girls** (10 mins)

8.30 am - **8, 9 + 10 year Boys** (10 mins)

8.40 am - **11 + 12 year Boys** (10 mins)

AFTERNOON WARM UP ESTIMATED TO START 1.00 pm

1.00 pm - **9 + 10 year Girls** (10 mins)

1.10 pm - **11 year Girls** (10 mins)

1.20 pm - **8 (lane 6) + 12 year Girls** (10 mins)

1.30 pm - **8, 9 + 10 year Boys** (10 mins)

1.40 pm - **11 + 12 year Boys** (10 mins)

