



BASILDON & PHOENIX SC

SPRING REGIONAL QUALIFIER

WARM UP DETAILS

SESSION 1	
ON THE DAY ENTRIES OPEN	11.30AM
ON THE DAY ENTRIES CLOSE	12.30PM
SIGNING IN CLOSURES	12.45PM
POOLSIDE ENTRY	12.50PM
BOYS WARM UP 1PM BOYS SPRINTS 1.10PM	
GIRLS WARM UP 1.15PM GIRLS SPRINTS 1.25PM	
START 1.35PM	
SESSION 2	
ON THE DAY ENTRIES OPEN	11.30AM
ON THE DAY ENTRIES CLOSE	4.30PM
SIGNING IN CLOSURES	4.45PM
BOYS WARM UP 5.00PM BOYS SPRINTS 5.10PM	
GIRLS WARM UP 5.15PM GIRLS SPRINTS 5.25PM	
START 5.35PM	
SESSION 3	
ON THE DAY ENTRIES OPEN	11.30AM
ON THE DAY ENTRIES CLOSE	12.30PM
SIGNING IN CLOSURES	12.45PM
POOLSIDE ENTRY	12.50PM
GIRLS WARM UP 1PM GIRLS SPRINTS 1.10PM	
BOYS WARM UP 1.15PM BOYS SPRINTS 1.25PM	
START 1.35PM	
SESSION 4	
ON THE DAY ENTRIES OPEN	11.30AM
ON THE DAY ENTRIES CLOSE	4.30PM
SIGNING IN CLOSURES	4.30PM
GIRLS WARM UP 4.45PM GIRLS SPRINTS 4.55PM	
BOYS WARM UP 5.00PM BOYS SPRINTS 5.10PM	
START 5.20PM	

APPROX FINISH TIME 8.30PM EACH DAY