



Norfolk County Championships

Warm up Times



Day 1 - Sat	
Session	Time
Womens 800m	1:00pm
Mens 1500m	Not before 4.15pm
Finish	7:00pm

Day 2 - Sun	
Session	Time
Mens 800m	1:00pm
Womens 1500m	Not before 4:00pm
Finish	8:00pm

Day 3 - Sat	
Session	Time
Session 3	8:30am
Session 4	1:30pm
Finish	6:30pm

Day 4 - Sun	
Session	Time
Session 5	8:30am
Session 6	1:45pm
Finish	6:00pm

Day 5 - Sat	
Session	Time
Session 7	8:30am
Session 8	1:30pm
Finish	5:40pm

Day 6 - Sun	
Session	Time
Session 9	8:30am
Session 10	1:15pm
Finish	5:10pm