



Norfolk County Championships

Warm up Times



Day 1 - Sat	
Session	Time
1A - Womens 800m	10:00 AM
1B - Mens 1500m	Not before 12:30 PM
Finish	03:36 PM

Day 2 - Sun	
Session	Time
2A - Mens 800m	10:00 AM
2B - Womens 1500m	Not before 12:15 PM
Finish	03:26 PM

Day 3 - Sat	
Session	Time
Session 3	08:30 AM
Session 4	01:15 PM
Finish	05:54 PM

Day 4 - Sun	
Session	Time
Session 5	08:30 AM
Session 6	01:30 PM
Finish	05:16 PM

Day 5 - Sat	
Session	Time
Session 7	08:30 AM
Session 8	01:30 PM
Finish	05:24 PM

Day 6 - Sun	
Session	Time
Session 9	08:30 AM
Session 10	02:00 PM
Finish	06:02 PM