

AUTUMN GRADED SERIES 2010 – WARM-UP AND SESSION START TIMES

Please note these are for guidance only and represent the earliest applicable time. Some warm-up and session times may be subject to change by the respective host clubs due to individual circumstances.

Meet	Session	Warm-up	Event Start
25 & 26 Sept @ Tynemouth Pool	1 – Saturday AM	8.00am	9.00am (all events)
	2 – Saturday PM	1.30pm	2.30pm (all events)
	3 – Sunday AM	8.00am 10.45am	8.30am (Girls 1500m only) 11.15am (remaining events)
	4 – Sunday PM	1.30pm	2.30pm (all events)
23 & 24 October @ Stanley Pool	5 – Saturday AM	8.00am	9.00am (all events)
	6 – Saturday PM	1.15pm	2.15pm (all events)
	7 – Sunday AM	8.00am 10.30am	8.30am (Boys 800m only) 11.15am (remaining events)
	8 – Sunday PM	1.30pm	2.30pm (all events)
13 & 14 November @ Middlesbrough Pool	9 – Saturday AM	8.00am 10.45am	8.30am (Girls 800m only) 11.45am (remaining events)
	10 – Saturday PM	2.00pm	3.00pm (all events)
	11 – Sunday AM	8.00am 10.30am	8.30am (Boys 1500m only) 11.15am (remaining events)
	12 – Sunday PM	2.15pm	3.15pm (all events)

Please note PM finish times will vary but no session is scheduled to finish later than 5.55pm