**Regional 2023 Warm Up Schedule**

**Session 1 Warm Up 17.15-18.00 Start 18.05**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** |
| **17.15-17.30** | **LNDY** | **LNDY** | **CONY** | **MOLY** | **DENY** | **COLY** | **RUTY** | **RHYY** |
| **17.30-17.45** | **HOLY** | **HOLY** | **HOLY** | **CANY** | **CANY** | **PBP** | **PBP** | **NWTY** |
| **17.45-18.00** | **BUCY** | **BUCY** | **BANY** | **BANY** | **WREY** | **WREY** | **CHIRK** | **WELY/COCN** |

**Session 2 Warm Up 08.15-09.00 Start 09.05**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** |
| **08.15-08.30** | **CANY** | **CANY** | **LNDY** | **LNDY** | **WREY** | **WREY** | **WREY** | **DENY** |
| **08.30-08.45** | **HOLY** | **HOLY** | **BANY** | **BANY** | **BANY** | **PBPY** | **PBPY** | **BUCY** |
| **08.45-09.00** | **CONY** | **NWTY** | **RUTY** | **CHYY** | **MOLY** | **COLY** | **WELY** | **CSHY** |

**Session 3 Warm Up 11.15-12.00 Start 12.05 SKINS Approx 13.40-14.20**

|  |  |  |  |  |  |  |  |  |
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| **Time** | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** |
| **11.15-11.30** | **CANY** | **CANY** | **LNDY** | **LNDY** | **WREY** | **WREY** | **WREY** | **DENY** |
| **11.30-11.45** | **HOLY** | **HOLY** | **BANY** | **BANY** | **BANY** | **PBPY** | **PBPY** | **BUCY** |
| **11.45-12.00** | **CONY** | **NWTY** | **RUTY** | **CHYY** | **MOLY** | **COLY** | **WELY/RHYY** | **CSHY/COCN** |

**Session 4 Warm up 14.45-15.45 Start 15.50**

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| **Time** | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** |
| **14.45-15.00** | **CANY** | **CANY** | **LNDY** | **LNDY** | **LNDY** | **WREY** | **WREY** | **WREY** |
| **15.00-15.15** | **HOLY** | **HOLY** | **HOLY** | **NWTY** | **NWTY** | **PBPY** | **PBPY** | **PBP** |
| **15.15-15.30** | **CONY** | **CONY** | **RUTY** | **RHYY** | **MOLY** | **COLY** | **WELY** | **CSHY** |
| **15.30-15.45** | **CHIY** | **CHIY** | **BANY** | **BANY** | **BANY** | **BUCY** | **BUCY** | **COCN** |

**Session 5 Warm up 08.00-09.00 Start 09.05**

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| **Time** | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** |
| **08.00-08.15** | **CANY** | **CANY** | **CANY** | **LNDY** | **LNDY** | **LNDY** | **COLY** | **MOLY** |
| **08.15-08.30** | **WREY** | **WREY** | **WREY** | **WREY** | **BANY** | **BANY** | **BANY** | **CONY** |
| **08.30-08.45** | **HOLY** | **HOLY** | **HOLY** | **CHIY** | **CHIY** | **NWTY** | **NWTY** | **RUTY** |
| **08.45-09.00** | **PBPY** | **PBPY** | **PBPY** | **BUCY** | **DENY** | **WELY** | **COCN** | **CSHY** |

**Session 6 Warm-Up 11.30-12.30 Start 12.35 SKINS approx 14.05-14.40**

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| **Time** | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** |
| **11.30-11.45** | **CANY** | **CANY** | **CANY** | **LNDY** | **LNDY** | **LNDY** | **COLY** | **MOLY** |
| **11.45-12.00** | **WREY** | **WREY** | **WREY** | **WREY** | **BANY** | **BANY** | **BANY** | **CONY** |
| **12.00-12.15** | **HOLY** | **HOLY** | **HOLY** | **CHIY** | **CHIY** | **NWTY** | **NWTY** | **RUTY** |
| **12.15-12.30** | **PBPY** | **PBPY** | **PBPY** | **BUCY** | **DENY** | **WELY** | **RHYY** | **CSHY** |

**Session 7 Warm Up 15.10-15.55 Start 16.00**

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| **Time** | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** |
| **15.10-15.25** | **CANY** | **CANY** | **LNDY** | **LNDY** | **WREY** | **WREY** | **WREY** | **DENY** |
| **15.25-15.40** | **HOLY** | **HOLY** | **BANY** | **BANY** | **BANY** | **PBPY** | **PBPY** | **BUCY** |
| **15.40-15.55** | **CONY** | **NWTY** | **RUTY** | **CHYY** | **MOLY** | **COLY** | **WELY/RHYY** | **COCN** |