

<u>Day 1</u>	Warm Up Duration	Split	Timings	Session Start Time	Club Leading Warm Up
Warm Up 1	08:00-08:25	Mixed 25 Minutes	08:00-08:25	08:30	Hillingdon
Warm Up 2	09:10-10:00	Female	09:10-09:35	10:10	NUEL
		Male/Open	09:35-10:00		
Warm Up 3	13:00-13:50	Female	13:00-13:25	14:00	Brompton
		Male/Open	13:25-13:50		
<u>Day 2</u>	Warm Up Duration	Split	Timings		Club Leading Warm Up
Warm Up 1	08:00-08:25	Mixed 25 Minutes	08:00-08:25	08:30	Hackney
Warm Up 2	09:25-10:15	Male/Open	09:25-09:50	10:25	Camden Swiss Cottage
		Female	09:50-10:15		
Warm up 3	13:10-14:00	Male/Open	13:10-13:35	14:10	Chelsea & Westminster
		Female	13:35-14:00		