

### WARM UP SCHEDULE

Weekend 1 – 21<sup>st</sup> & 22<sup>nd</sup> January 2023 at Parkside, Cambridge – Licence No. 2ER230046

#### SESSION 1

Warm up starts @ 11:45am Session starts @ 12:25pm

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12 minutes	City of Cambridge						St Ives	
12 minutes	March	March/ Huntingdon	City of Peterborough					Bottisham / Chatteris
12 minutes	City of Cambridge				City of Ely		St Neots	Wisbech

#### SESSION 2

Warm up starts @ 4:00pm Session starts @ 4:40pm

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12 minutes	March	March/ Huntingdon	City of Peterborough					Bottisham/ Chatteris
12 minutes	City of Cambridge				City of Ely		St Neots	Wisbech
12 minutes	City of Cambridge						St Ives	

#### SESSION 3

Warm up starts @ 12:45pm Session starts @ 1:25pm

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12 minutes	City of Cambridge				City of Ely		St Neots	Wisbech
12 minutes	City of Cambridge						St Ives	
12 minutes	March	March/ Huntingdon	City of Peterborough					Bottisham/ Chatteris

#### SESSION 4

Warm up starts @ 3:30pm Session starts @ 4:10pm

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12 minutes	City of Cambridge						St Ives	
12 minutes	March	March/ Huntingdon	City of Peterborough					Bottisham/ Chatteris
12 minutes	City of Cambridge				City of Ely		St Neots	Wisbech

**WARM UP SCHEDULE**

Weekend 2 – 5<sup>th</sup> February 2023 at Parkside, Cambridge – Licence No. 2ER230047

**SESSION 5**

**Warm up starts @ 11:45am Session starts @ 12:25pm**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12 minutes	March	March/ Huntingdon	City of Peterborough					Bottisham/ Chatteris
12 minutes	City of Cambridge				City of Ely		St Neots	Wisbech
12 minutes	City of Cambridge						St Ives	

**SESSION 6 Skins & Relays**

**Warm up starts @ 4:15pm Session starts @ 5:00pm**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12 minutes	City of Cambridge				City of Ely		St Neots	Wisbech
12 minutes	City of Cambridge						St Ives	
12 minutes	March	March/ Huntingdon	City of Peterborough					Bottisham/ Chatteris