BRAUNSTONE OPEN MEET 2018 WARM UP LANES – AFTERNOON SESSION

TIME/LANE		1	2	3	4	5	6	7	8
12.55	13.10	Braunstone	Braunstone	Coalville	Lichfield	Witney and District	Market Harborough	Melton Mowbray	Rugby
13.10	13.25	Leicester Sharks Halesowen Nuneaton	Braunstone Loughborough	Coalville	Lichfield	Witney and District	Market Harborough	Melton Mowbray	Rugby
13.25	13.40	Braunstone	Braunstone	Coalville	Lichfield	Witney and District	Market Harborough	Melton Mowbray	Rugby
13.40	13.55	Braunstone	Coalville	Coalville	Lichfield	Witney and District	Market Harborough	Melton Mowbray	Melton Mowbray

Please use in conjunction with the warm up protocol