

**BRAUNSTONE OPEN MEET 2018**  
**WARM UP LANES - MORNING SESSION**

TIME/LANE		1	2	3	4	5	6	7	8
<b>8.55</b>	<b>9.10</b>	Braunstone	Braunstone	Coalville	Lichfield	Witney and District	Market Harborough	Melton Mowbray	Rugby
<b>9.10</b>	<b>9.25</b>	Leicester Sharks Halesowen Nuneaton	Braunstone Loughborough	Coalville	Lichfield	Witney and District	Market Harborough	Melton Mowbray	Rugby
<b>9.25</b>	<b>9.40</b>	Braunstone	Braunstone	Coalville	Lichfield	Witney and District	Market Harborough	Melton Mowbray	Rugby
<b>9.40</b>	<b>9.55</b>	Braunstone	Coalville	Coalville	Lichfield	Witney and District	Market Harborough	Melton Mowbray	Melton Mowbray

**Please use in conjunction with the warm up protocol**