

## MIDDLESEX - ESTIMATED SESSION TIMINGS

LAC 14/15 January 2023

<b>Day 1</b>				
Session 1	Warm up:	08:30	Start	09:30
	Session finish	11:22		
	Finals Start	11:30	Final Finish	12:10
	Presentation Start	12:15	Presentation finish	12:45
Session 2	Warm up	12:50	Start	13:50
	Session finish	15:30		
	Finals Start	15:40	Final Finish	16:21
	Presentation Start	16:25	Presentation finish	17:00
<b>Day 2</b>				
Session 3	Warm up	08:30	Start	09:30
	Session finish	11:30		
	Finals Start	11:40	Final Finish	12:21
	Presentation Start	12:25	Presentation finish	13:00
session 4	Warm up	13:00	Start	14:00
	Session finish	15:42		
	Finals Start	15:50	Final Finish	16:30
	Presentation Start	16:30	Presentation finish	17:00

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<b>Day 3</b>				
Session 5	Warm up:	08:30	Start	09:30
	Session finish	12:33		
	Finals Start	12:45	Final Finish	13:11
	Presentation Start	13:15	Presentation finish	13:45
Session 6	Warm up	13:45	Start	14:45
	Session finish	16:45		
	Finals Start	16:55	Final Finish	17:22
	Presentation Start	17:25	Presentation finish	18:00
<b>Day 4</b>				
Session 7	Warm up	08:30	Start	09:30
	Session finish	13:28		
	Finals Start	13:40	Final Finish	14:06
	Presentation Start	14:10	Presentation finish	14:40
session 8	Warm up	14:40	Start	15:40
	Session finish	17:35		
	Finals Start	17:45	Final Finish	18:12
	Presentation Start	18:15	Presentation finish	19:00