

**Swim England Suffolk County Championships 2025**  
**Warm-up Summary**

	<b>Session 3 2.30pm</b>	<b>Session 4 8.30am</b>	<b>Session 5 1.30pm</b>	<b>Session 6 2.30pm</b>	<b>Session 7 8.30am</b>	<b>Session 8 1.30pm</b>	<b>Session 9 9.30am</b>	<b>Session 10 1.00pm</b>
<b>Deben</b>	2:45pm	8:30am	2:15pm	3:00pm	8:45am	1:30pm	9:45am	
	5 lanes	5 lanes	5 lanes	4 lanes	5 lanes	5 lanes	3 lanes	
<b>Felixstowe</b>	2:45pm	8:30am	1:30pm	3:00pm	8:45am	1:30pm		
	1 lane	1 lane	1 lane	1 lane	1 lane	1 lane shared		
<b>Hadleigh</b>	2:45pm	8:30am	2:15pm	3:00pm	8:45am	1:30pm	10:00am	
	2 lanes	2 lanes	1 lane shared	1 lane	1 lane	1 lane shared	1 lane	
<b>Halesworth</b>	3:00pm	8:45am	2:15pm	3:00pm	8:45am	2:15pm		
	1 lane	1 lane	1 lane shared	1 lane	1 lane	shared *		
<b>Leiston</b>	3:00pm	8:45am	2:15pm	2:30pm	9:00am	1:30pm	10:00am	
	2 lanes	2 lanes	2 lanes	2 lanes	3 lanes	2 lanes	2 lanes	
<b>Mildenhall</b>	3:30pm	9:15am	1:30pm	3:30pm	9:30am	2:15pm	9:45am	
	1 lane	1 lane	1 lane	2 lanes	1 lane	shared !	1 lane	
<b>Newmarket</b>	3:15pm	9:00am	1:30pm	3:15pm	9:15am	2:00pm	10:00am	
	4 lanes	4 lanes	3 lanes	4 lanes	4 lanes	3 lanes	3 lanes	
<b>Stowmarket</b>	3:30pm	9:15am	1:45pm	2:30pm	9:30am	2:00pm	9:45am	
	6 lanes	6 lanes	5 lanes	6 lanes	6 lanes	5 lanes	4 lanes	
<b>teamIpswich</b>	2:30pm	9:30am	2:00pm	2:45pm	8:30am	1:45pm	9:30am	
	8 lanes	8 lanes	8 lanes	8 lanes	8 lanes	8 lanes	5 lanes	
<b>team Waveney</b>	3:15pm	9:00am	1:45pm	3:15pm	9:00am	2:15pm	9:30am	
	4 lanes	4 lanes	3 lanes	4 lanes	4 lanes	4 lanes *	3 lanes	
<b>West Suffolk</b>	3:00pm	8:45am	1:30pm	3:30pm	9:15am	2:15pm	10:00am	
	5 lanes	4 lanes	3 lanes	5 lanes	4 lanes	4 lanes !	2 lanes	

**Warm ups for Session 10 to be advised when Skins finalists are known**

\* 1 swimmer from Halesworth to warm up with team Waveney  
! 5 swimmers from Mildenhall to warm up with West Suffolk

01/01/2026