

Swim England Suffolk County Championships 2025
Warm-up Summary

	Session 3 2.30pm	Session 4 8.30am	Session 5 1:30pm	Session 6 2:30pm	Session 7 8.30am	Session 8 1:30pm	Session 9 9:30am	Session 10 1:00pm
Deben	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	
Felixstowe	2:45pm	8:30am	1:30pm	3:00pm	8:45am	1:30pm		
	1 lane	1 lane shared						
Hadleigh	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	
Halesworth	3:00pm	8:45am	2:15pm	3:00pm	8:45am	2:15pm		
	1 lane	1 lane	1 lane shared	1 lane	1 lane	shared *		
Leiston	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	
Mildenhall	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	
Newmarket	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	
Stowmarket	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	
team Ipswich	2:30pm	9:30am	2:00pm	2:45pm	8:30am	1:45pm	9:30am	
	8 lanes	5 lanes						
team Waveney	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	
West Suffolk	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