



BASILDON & PHOENIX SC

1500 & 800M COUNTY/REGIONAL QUALIFIER 2017

WARM UP TIMES

GIRLS ON THE DAY ENTRIES CLOSE	12.45PM Only if space is available
GIRLS SIGNING IN CLOSES	12.45PM
GIRLS WARM UP	1PM
GIRLS SPRINTS	1.20PM lanes 1-5 ONLY
GIRLS START	1.30PM
BOYS ON THE DAY ENTRIES CLOSE	
BOYS ON THE DAY ENTRIES CLOSE	3.45PM Only if space is available
BOYS SIGNING IN CLOSES	3.45PM
BOYS WARM UP	4PM
BOYS SPRINTS	4.20PM lanes 1-5 ONLY
BOYS START	4.30PM