



HERTFORDSHIRE ASA

COUNTY CHAMPIONSHIPS 2018

Weekend 1 Session Timings

Warm Up: Any changes to the stated warm up times will be published on HASA website and advised to the coaches

DAY 1

Session 1

Warm up 08:30 - 09:20
Start 09:30

Session 2

Warm up 11:45 - 12:35 NO EARLIER THAN 11:30
Heats 12:45

Session 3

Warm up 15:00 - 15:50 NO EARLIER THAN 14:45
Heats 16:00

DAY 2

Session 4

Warm up 08:30 - 09:20
Heats 09:30

Session 5

Warm up 11:45 - 12:35 NO EARLIER THAN 11:30
Heats 12:45