

## Thurrock season Opener Warm Up Times

Session 1	Warm Up	8.15am Boys 8.35am Girls
	Start	9am
Session 2	Warm up	10.30am Boys 9-12yr 10.50am mixed 13+ 11.10am Girls 9-12yr
	Start	11.35am
Session 3	Warm Up	1.30pm Boys 9-12yr 1.50pm Mixed 13+ 2.10pm Girls 9-12yr
	Start	2.35pm
Session 4	Warm up	8.15am Girls 8.35am Boys
	Start	9am
Session 5	Warm Up	10.30am Girls 9-12yr 10.50am Mixed 13+ 11.10am Boys 9-12yr
	Start	11.35am
Session 6	Warm Up	1.30pm Girls 9-12yr 1.50pm Mixed 13+ 2.10pm Boys 9-12yr
	Start	2.35pm

**Signing in will close 25mins before the start of each session at the start of the last warm up**

