



Development Meet 2010

Warm up.

Session 1: Warm up 9:45 – 10:40 (Start 10:45)

Girls 9Yrs & 10Yrs 9:45 – 9:59 (Sprints 9:54)

Girls 11Yrs & 12 Yrs 9:59 – 10:13 (sprints 10:08)

Boys 9Yrs & 10Yrs 10:13 – 10:27 (Sprints 10:22)

Boys 11Yrs & 12Yrs 10:27 – 10:40 (Sprints 10:35)

Session 2: Warm up 13:15 – 14:10 (Start 14:15) Approx

Boys 9Yrs & 10Yrs 13:15 – 13:29 (Sprints 13:24)

Boys 11Yrs & 12Yrs 13:29 – 13:43 (Sprints 13:38)

Girls 9Yrs & 10Yrs 13:43 – 13:57 (Sprints 13:52)

Girls 11Yrs & 12 Yrs 13:57 – 14:10 (sprints 14:05)