

	1st Warm-up 12:30-12:50	2nd Warm-up 12:50-13:10)
Lane	13:10-13:25	14:20-14:35
1	Arundel (1)	Rustington (2)
2	Battle Abbey (2)	St John's (2)
3	Bedes (2)	St Lawrence (2)
4	Brighton College (2)	St Mary's (2)
5	Heron Park (1)	Telscombe Cliffs (2)
6	HPPC (1)	West Park (1)
7	Lindfield (2)	Walthamstow (1)
8		