

**LEICESTERSHIRE COUNTY AGE GROUPS & CHAMPIONSHIPS
WARM UP PROCEDURES GALAS 7-11**

**19TH – 21ST MARCH 2010
BRAUNSTONE LEISURE CENTRE**

WILL COACHES FROM EACH CLUB LIAISE WITH THE OTHER CLUB/S IN THEIR LANE TO ENSURE SWIMMER SAFETY DURING ALL WARM UP PERIODS. THERE WILL BE 3 X 15 MINUTE WARM UP PERIODS PLUS 5 MINUTES OF SPRINTS AT THE END OF EACH 15 MINUTE PERIOD FOR GALAS 8-11. FOR GALA 7 THERE IS ONE WARM UP PERIOD OF 30 MINUTES

GALA	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
7	Lutterworth (8)	Lough Town (4) Melton (4)	Neptune (4) Hinckley (2) Enderby (2)	Braunstone (7)	Braunstone (7)	Penguins (8)	Penguins (8)	Coalville (6) Shepshed (1)
8	Braunstone (27)	Penguins (28)	Penguins (28)	Lutterworth (23) Shepshed (4)	Enderby (13) Coalville (12)	Hinckley (19) Harborough (6)	Lough Town (9) Neptune (16)	Lough Town (11) Melton (14)
9	Braunstone (30)	Neptune (13) Lough Town (17)	Coalville (16) Harborough (6) Enderby (7)	Enderby (13) Melton (17)	Penguins (31)	Penguins (31)	Lutterworth (25) Welbeck (3) Shepshed (2)	Lutterworth (10) Hinckley (21)
10	Penguins (29)	Penguins (29)	Hinckley (21) Lough Town (9)	Enderby (22) Lough Town (8)	Braunstone (29)	Melton (16) Neptune (13)	Lutterworth (20) Welbeck (3) Shepshed (2) Harborough (5)	Lutterworth (140) Coalville (16)
11	Braunstone (24)	Enderby (12) Neptune (12)	Lough Town (18) Harborough (6)	Penguins (24)	Penguins (25)	Lutterworth (26)	Welbeck (3) Hinckley (18) Shepshed (4)	Coalville (10) Melton (14)

FOR GALAS 8 & 9 THE SMALL POOL WILL BE USED FOR THE RELAY TEAMS

Gala	LANE 1	LANE 2	LANE 3	LANE 4
8	Penguins (10) Hinckley (12) Harborough (4)	Penguins (10) Melton (12) Neptune (4)	Lutterworth (16) Coalville (12)	Braunstone (16) Enderby (12)
9	Penguins (20)	Melton (12) Hinckley (8)	Lutterworth (16) Enderby (8)	Braunstone (16) Neptune (4)

