

2019
LEICESTERSHIRE AGE GROUPS & COUNTY CHAMPIONSHIPS - WARMUP SCHEDULES

WARM UP PROCEDURES

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 A MAXIMUM OF EITHER 15MINS (5MIN Sprints), or 12MINS (4MIN Sprints) or 10MINS (2MIN Sprints) per WARM UP including SPRINTS FOR EACH WARM UP ACROSS ALL GALAS.
 THE NUMBERS ARE BASED ON THE ORIGINAL CLUB ENTRY SO YOU MAY FIND YOU HAVE LESS SWIMMERS DUE TO WITHDRAWALS.

THE INTENTION IS THAT THERE IS A MAXIMUM OF 12 SWIMMERS IN EACH LANE FOR EACH WARM UP. PLEASE ENSURE THIS GUIDELINE IS FOLLOWED.
 THE SMALL POOLS WILL BE AVAILABLE FROM AFTER 1st HEAT UNTIL END OF SESSION AND CLUBS ARE RESPONSIBLE FOR SUPERVISING THEIR SWIMMERS

HINCKLEY LEISURE CENTRE

SESSION 8 Saturday 2nd Feb			LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8			
			Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.
WARMUP 1			Start	Finish																
BOYS			13:35	13:47	BSTA	8	HINA	8	LSHA	10	LOUA	6	COAA	8	MEMA	7	NEPA	6	OAWA	6
WARMUP 2																				
BOYS			13:47	13:59	BSTA	8	HINA	7	LSHA	9	LOUA	5	MKHA	8	MEMA	6	NEPA	7	PENA	7

HINCKLEY LEISURE CENTRE

SESSION 8 Saturday 2nd Feb GIRLS SUB SESSION 1B			LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8			
			Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.
WARMUP 1																				
GIRLS			15:03	15:15	BSTA	9	BSTA (4) MKHA (4)	8	HINA	8	LOUA	7	LSHA	10	MEMA	10	COAA	10	NEPA	11
WARMUP 2																				
GIRLS			15:15	15:27	BSTA	9	HINA	9	HINA	9	LSHA	10	LSHA	10	MEMA	10	COAA	10	PENA (5) OAWA (1)	6

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HINCKLEY LEISURE CENTRE

SESSION 9 Saturday 2nd Feb			LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8			
			Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.
WARMUP 1			Start	Finish																
BOYS			17:45	17:57	HINA (4) PENA (6)	10	BSTA (6) OAWA (4)	10	COAA (8) LOUA (3)	11	LSHA LSHA	11	LSHA (7) NEPA (3)	10	NEPA	10	MEMA	10	MEMA (4) MKHA (6)	10
WARMUP 2					BOYS		BOYS		BOYS		GIRLS		GIRLS		GIRLS		GIRLS		GIRLS	
BOYS / GIRLS			17:57	18:09	HINA	10	BSTA	10	LOUA	11	LOUA	9	LSHA	10	NEPA	11	COAA	9	MEMA	10
WARMUP 3																				
Girls			18:09	18:21	HINA	10	HINA	10	BSTA	10	BSTA (7) OAWA (1)	8	LSHA	10	LSHA (4) MKHA (4)	8	COAA	8	MEMA (7) PENA (3)	10

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HINCKLEY LEISURE CENTRE

SESSION 10
Sunday 3rd Feb
GIRLS SUB SESSION 10A

LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	
Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.

WARMUP 1 Start Finish

GIRLS	13:00	13:15	BSTA	3	PENA	5	LSHA	3	NEPA	5	HINA (2)	4	MEMA (2)	5	MKHA	4	NO WARMUP
											COAA (2)		LOUA (3)				

HINCKLEY LEISURE CENTRE

SESSION 10
Sunday 3rd Feb
BOYS SUB SESSION 10B

LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	
Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.

WARMUP 1 Start Finish

BOYS	15:03	15:18	LSHA (1)	4	MKHA	4	NEPA	5	LOUA	4	COAA	5	HINA	3	MEMA (2)	5	NO WARMUP
			PENA (3)												BSTA (3)		