

**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

**BRAUNSTONE LEISURE CENTRE**

SESSION 11 Saturday 9th 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.
<b>WARMUP 1</b>			<b>Start</b>		<b>Finish</b>															
<b>BOYS</b>	09:10	09:25	<b>PENA (6)</b>	8	<b>HINA</b>	8	<b>LSHA</b>	9	<b>BSTA</b>	10	<b>NEPA</b>	6	<b>OAWA</b>	9	<b>LOUA</b>	9	<b>MEMA</b>	6		
			<b>SHEA (2)</b>																	
<b>WARMUP 2</b>			<b>Start</b>		<b>Finish</b>															
<b>BOYS</b>	09:25	09:40	<b>COAA</b>	9	<b>HINA</b>	8	<b>LSHA</b>	9	<b>BSTA</b>	10	<b>NEPA</b>	6	<b>MKHA</b>	9	<b>LOUA</b>	8	<b>MEMA</b>	5		
<b>WARMUP 3</b>			<b>Start</b>		<b>Finish</b>															
<b>GIRLS</b>	09:40	09:55	<b>PENA (7)</b>	11	<b>BSTA (6)</b>	11	<b>BSTA</b>	12	<b>LSHA</b>	11	<b>LSHA (9)</b>	11	<b>COAA (8)</b>	11	<b>NEPA (9)</b>	11	<b>MEMA (2)</b>	11	<b>LOUA</b>	10
			<b>HINA (4)</b>		<b>HINA (5)</b>						<b>MKHA (2)</b>		<b>MEMA (3)</b>							

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BRAUNSTONE LEISURE CENTRE

SESSION 12 Saturday 9th 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.
<b>WARMUP 1</b>			Start	Finish																
GIRLS			13:30	13:45	LOUA	7	LOUA	7	LSHA	8	LSHA	7	LSHA	8	MEMA	9	MEMA	8	NEPA	7
<b>WARMUP 2</b>			Start	Finish																
GIRLS			13:45	14:00	PENA	6	HINA	9	MKHA	5	MKHA	6	COAA	6	COAA	7	BSTA	7	NEPA	8
<b>WARMUP 3</b>			Start	Finish																
GIRLS			14:00	14:15	PENA	6	HINA	8	SHEA (1) OAWA (3)	4	COAA	7	COAA	6	BSTA	8	BSTA	8	BSTA	7
<b>WARMUP 4</b>			Start	Finish																
BOYS			14:15	14:30	PENA (2) MEMA (6)	8	HINA	8	HINA (3) COAA (5)	8	LSHA (3) NEPA (3)	6	LSHA	7	BSTA	8	BSTA (3) LOUA (5)	8	OAWA (3) MKHA (1)	4

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BRAUNSTONE LEISURE CENTRE

SESSION 13 Sunday 10th February			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																
GIRLS			09:00	09:12	MEMA	9	MEMA	9	MEMA	9	HINA	8	HINA	8	BSTA	9	BSTA	9	LOUA	8
WARMUP 2			Start	Finish																
GIRLS			09:12	09:24	OAWA	8	MEMA (3) NEPA (4)	7	COAA	10	HINA	9	HINA	9	BSTA	9	BSTA	9	LOUA	8
WARMUP 3			Start	Finish																
GIRLS			09:24	09:36	MKHA	8	NEPA	9	COAA	9	COAA	9	HINA (4) LSHA (4)	8	LSHA	9	BSTA (4) PENA (5)	9	LOUA	7
WARMUP 4			Start	Finish																
GIRLS			09:36	09:48	MKHA (7) SHEA (1)	8	NEPA	8	COAA	9	LSHA	8	LSHA	8	LSHA	9	PENA	9	PENA	9

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SESSION 14 Sunday 10th February			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.		
<b>WARMUP 1</b>			<b>Start</b>		<b>Finish</b>																	
BOYS			13:30		13:42		PENA	9	HINA	9	BSTA (6) SHEA (1)	7	BSTA	9	COAA	7	LSHA	8	NEPA	9	LOUA	8
<b>WARMUP 2</b>																						
BOYS			13:42		13:54		PENA (3) HINA (6)	9	HINA	8	MEMA	9	BSTA	9	COAA	8	LSHA	8	NEPA	9	LOUA	8
<b>WARMUP 3</b>																						
BOYS			13:54		14:06		MHKA	8	MKHA (5) MEMA (4)	9	MEMA	9	OAWA	7	OAWA	8	LSHA	7	NEPA	9	LOUA	8