

2017 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 15MINS per WARM UP including 5 MINUTES OF SPRINTS (LANE 1 to 4 only) AT THE END OF EACH WARM UP FOR 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 12-13 SWIMMERS IN EACH LANE FOR EACH WARM UP. PLEASE ENSURE THIS GUIDELINE IS FOLLOWED.
THE SMALL POOLS WILL BE AVAILABLE FROM AFTER 1st HEAT (Hinckley Small Pool will not be available from 5pm on Sundays) AND CLUBS ARE RESPONSIBLE FOR SUPERVISING THEIR SWIMMERS

HINCKLEY LEISURE CENTRE

SESSION 1 Saturday 14th Jan			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	14:25	14:40	Loughborough Town	3	Market Harborough	4	Braunstone	12	Leicester Neptune	12	Coalville	7	Melton Mowbray	7	Leicester Sharks	12	Leicester Sharks	11
			Leicester Penguins	3	Oadby & Wigston	2												
WARMUP 2																		
BOYS	14:40	14:55	<u>BOYS</u>		<u>BOYS</u>		<u>GIRLS</u>		<u>GIRLS</u>		<u>GIRLS</u>		<u>GIRLS</u>		<u>GIRLS</u>		<u>GIRLS</u>	
GIRLS			Hinckley	9	Hinckley	9	Braunstone	10	Braunstone	10	Coalville	10	Loughborough Town	10	Leicester Sharks	9	Leicester Sharks	8
WARMUP 3																		
GIRLS	14:55	15:10	Leicester Penguins	7	Hinckley	12	Leicester Neptune	6	Market Harborough	7	Melton Mowbray	7	Melton Mowbray	6	Leicester Sharks	9	Leicester Sharks	8

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SESSION 2 Saturday 14th Jan			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			BOYS		BOYS		GIRLS		GIRLS		BOYS				BOYS			
	Start	Finish	Coalville (B)	3	Hinckley (B)	6	Loughborough Town (G)	7	Leicester Neptune (G)	8	Leicester Sharks (B)	6	Melton Mowbray (Boy 1/Girl 5)	6	Leicester Penguins (Boy 1/Girl 5)	6	Braunstone (Boy 7/Girl 3)	10
	17:45	18:00	Market Har (B)	1	Loughborough Town (B)	2					Leicester Neptune (B)	2						
WARMUP 2			GIRLS		GIRLS		GIRLS		GIRLS		GIRLS		GIRLS		GIRLS		GIRLS	
			Market Harborough (G)	3	Hinckley (G)	9	Coalville (G)	12	Leicester Sharks (G)	11	Leicester Sharks (G)	11	Melton Mowbray (G)	7	Leicester Penguins (G)	8	Braunstone (G)	10

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SESSION 3 Sunday 15th Jan			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			12:20	12:35	Leicester Sharks	8	Leicester Sharks	8	Braunstone	12	Melton Mowbray	8	Market Harborough	5	Loughborough Town	7	Loughborough Town	4	Coalville	7
																Coalville	3			
WARMUP 2																				
GIRLS			12:35	12:50	Leicester Sharks	8	Leicester Sharks	9	Braunstone	11	Melton Mowbray	7	Leicester Neptune	11	Hinckley	11	Leicester Penguins	9	Coalville	9
WARMUP 3																				
BOYS			12:50	13:05	Leicester Sharks	11	Leicester Sharks	12	Braunstone	12	Market Harborough	6	Leicester Neptune	6	Hinckley	8	Hinckley	5	Coalville	4
											Melton Mowbray	5	Oadby & Wigston	1			Leic Penguins	1	Loughborough Town	1

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SESSION 4 Sunday 24th Jan		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 / BOYS	15:40	15:55	Loughborough	2	Leicester Neptune	5	Braunstone	10	Coalville	12	Hinckley	8	Leicester Penguins	4	Melton Mowbray	7	Leicester Sharks	10
			Market Har	2														
			Oadby & Wigston	1														