

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

BRAUNSTONE																											
SESSION 5 Sunday 21st 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			12:10		12:25		Leicester Penguins	3	Melton Mowbray	8	Coalville	7	Hinckley	10	Braunstone	10	Loughborough Town	4	Leicester Sharks	10	Market Harbourough	4					
							Leicester Neptune	2																			
WARMUP 2			Start		Finish																						
GIRLS			12:25		12:40		Leicester Penguins	8	Melton Mowbray	8	Leicester Neptune	9	Hinckley	11	Braunstone	9	Leicester Sharks	9	Leicester Sharks	9	Market Harbourough	5					
WARMUP 3			Start		Finish																						
GIRLS			12:40		12:55		Leicester Penguins	8	Melton Mowbray	8	Coalville	7	Coalville	8	Braunstone	9	Leicester Sharks	9	Leicester Sharks	8	Loughborough Town	9					

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BRAUNSTONE																												
SESSION 6 Saturday 21st 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			15:25		15:40		Loughborough Town		Braunstone		Braunstone		Market Harborough		Hinckley		Coalville		Leicester Sharks		Leicester Neptunes		Leicester Penguins		Melton Mowbray		Melton Mowbray	
							9		12		6		4		10		12		7		5		8		4		12	
WARMUP 2			BOYS		BOYS		BOYS		BOYS		BOYS		BOYS		GIRLS		GIRLS		BOYS									
GIRLS (2) / BOYS (6)			15:40		15:55		Hinckley		Braunstone		Braunstone		Leicester Sharks (BOYS)		Leicester Sharks (BOYS)		Leicester Sharks (GIRLS)		Leicester Sharks (GIRLS)		Melton Mowbray							
							7		12		1		4		6		12		12		12							
							4				7		3		3													
							Market Harborough				Leicester Neptunes		Loughborough															