

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 12MINS per WARM UP including 4 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 7 Saturday 22nd 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
WARMUP 1			Start	Finish															
GIRLS (MAIN POOL)	12:00	12:12	Leicester Neptune	4	Leicester Neptune	11	Leicester Sharks	11	Leicester Sharks	11	Leicester Penguins	12	Leicester Penguins	5	Loughborough Town	11	Braunstone	11	
			Market Harborough	7									Loughborough Town	7					
GIRLS (SMALL POOL)	12:00	12:12	Leicester Sharks	5	Leicester Sharks	5	Leicester Sharks	5	Leicester Sharks	5									
WARMUP 2																			
GIRLS	12:12	12:24	Melton Mowbray	9	Melton Mowbray	10	Leicester Sharks	11	Coalville	10	Coalville	9	Hinckley	12	Braunstone	7	Braunstone	11	
										Oadby & Wigston	1			Hinckley	5				
WARMUP 3																			
BOYS	12:24	12:36	Loughborough	2	Braunstone	12	Leicester Sharks	5	Leicester Sharks	12	Leicester Sharks	12	Hinckley	5	Hinckley	11	Melton Mowbray	8	
		Market Har	4	Braunstone			6	Coalville					6	Leicester Penguins			3		
		Leicester Neptune	5																

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SESSION 8 Sunday 22nd 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			15:05	15:17	Leic Peng Market Har Oadby & Wigston	5 3 1	Leicester Neptunes Melton Mowbray	8 3	Melton Mowbray	12	Braunstone Coalville	3 8	Braunstone	12	Hinckley	11	Leicester Sharks Hinckley	7 3	Leicester Sharks	11
WARMUP 2																				
BOYS (3) / GIRLS (5)			15:17	15:29	Market Harborough	7	Leicester Neptune	9	Coalville	7	Coalville	8	Hinckley	7	Hinckley	7	Loughborough Town (BOYS)	9	Leicester Sharks (BOYS)	11
WARMUP 3																				
GIRLS			15:29	15:41	Melton Mowbray	9	Melton Mowbray	9	Leicester Penguins Loughborough Town	5 4	Braunstone	10	Braunstone	10	Leicester Sharks	9	Leicester Sharks	10	Leicester Sharks	9