

## 2017 LEICESTERSHIRE AGE GROUPS &amp; 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 9 Saturday 28th 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.
<b>WARMUP 1</b>	<b>Start</b>	<b>Finish</b>	<b>GIRLS</b>		<b>GIRLS</b>		<b>GIRLS</b>		<b>GIRLS</b>		<b>GIRLS</b>		<b>GIRLS</b>		<b>GIRLS/BOYS</b>		<b>BOYS</b>	
<b>GIRLS (6) / BOYS (2)</b>	14:30	14:45	<b>Braunstone</b>	11	<b>Melton Mowbray</b>	4	<b>Hinckley</b>	9	<b>Leicester Neptune</b>	4	<b>Coalville</b>	10	<b>Leicester Sharks (GIRLS)</b>	11	<b>Leicester Sharks (GIRLS 4) (BOYS 7)</b>	11	<b>Leicester Sharks (BOYS)</b>	11
					<b>Market Harborough</b>	2			<b>Loughborough Town</b>	4								
					<b>Leicester Penguins</b>	3												
<b>WARMUP 2</b>																		
<b>BOYS</b>	14:45	15:00	<b>Braunstone</b>	12	<b>Braunstone</b>	8	<b>Hinckley</b>	11	<b>Hinckley</b>	5	<b>Melton Mowbray</b>	3	<b>Melton Mowbray</b>	12	<b>Leicester Penguins</b>	8	<b>Leicester Sharks (BOYS)</b>	11
					<b>Market Harborough</b>	4			<b>Leicester Neptune</b>	7	<b>Loughborough Town</b>	6			<b>Coalville</b>	4		
										<b>Oadby &amp; Wigston</b>	1							

