

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 3 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 11 Sunday 29th 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			12:15	12:27	Leicester Neptune Oadby & Wigston	4 1	Loughborough Town	5	Melton Mowbray	6	Braunstone	8	Coalville	8	Leicester Sharks	9	Leicester Penguins	10	Hinckley	11
WARMUP 2																				
GIRLS			12:27	12:39	Leicester Neptune	6	Market Harborough	6	Melton Mowbray	6	Braunstone	9	Loughborough	7	Leicester Sharks	9	Leicester Sharks	8	Hinckley	11
WARMUP 3																				
BOYS			12:39	12:51	Leicester Neptune Loughorough Town	4 2	Leicester Penguins Market Harborough	5 4	Coalville Braunstone	5 4	Braunstone	9	Leicester Sharks Oadby & Wigston	9 1	Leicester Sharks	10	Melton Mowbray Hinckley	5 3	Hinckley	9

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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 12 Sunday 29th 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		BOYS/GIRLS		GIRLS		GIRLS		BOYS/GIRLS		BOYS/GIRLS		BOYS/GIRLS		BOYS/GIRLS	
BOYS (3) / GIRLS (5)	15:25	15:40	Leicester Penguins	2	Melton Mowbray	10	Leicester Penguins	7	Leicester Neptune	6	Hinckley	11	Leicester Sharks	12	Coalville	10	Braunstone	13
		Market Harborough	4	Loughborough Town			3	Market Harborough	3									
		Leicester Neptune	1															
		Loughborough Town	2															