

## 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 12MINS per WARM UP including 4 MINUTES OF SPRINTS 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 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 LEISURE CENTRE

SESSION 13 Saturday 4th February			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.	
<b>WARMUP 1</b>			<b>Start</b>	<b>Finish</b>																	
<b>BOYS</b>			12:15	12:27	Coalville	12	Braunstone	12	Loughborough	8	Leicester Penguins	6	Hinckley	10	Leicester Sharks	11	Leicester Sharks	11	Melton Mowbray	10	
										Leicester Neptune	4										
<b>WARMUP 2</b>																					
<b>BOYS</b>			12:27	12:39	Oadby & Wigston	3	Braunstone	12	Market Harborough	9	Leicester Neptune	10	Hinckley	10	Leicester Sharks	11	Leicester Sharks	10	Melton Mowbray	10	

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SESSION 14 Saturday 4th February			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			14:50	15:02	Leicester Sharks	10	Leicester Sharks	10	Braunstone	12	Melton Mowbray	10	Leicester Penguins	12	Coalville	8	Market Harborough	8	Oadby & Wigston	2
WARMUP 2																				
GIRLS			15:02	15:14	Leicester Sharks	10	Leicester Sharks	10	Braunstone	11	Melton Mowbray	10	Hinckley	10	Coalville	8	Leicester Neptune	9	Loughborough Town	8
WARMUP 3																				
GIRLS			15:14	15:26	Leicester Sharks	9	Leicester Sharks	9	Braunstone	11	Melton Mowbray	9	Hinckley	9	Coalville	8	Leicester Neptune	8	Loughborough Town	8

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## BRAUNSTONE LEISURE CENTRE

SESSION 15			LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	
Sunday 5th February			Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.
<b>WARMUP 1</b>			Start		Finish													
BOYS	12:15	12:27	Leicester Neptune	12	Melton Mowbray	12	Market Harborough	12	Braunstone	10	Leicester Sharks	12	Leicester Sharks	12	Hinckley	5	Hinckley	12
													Leicester Sharks	6				
BOYS (SMALL POOL)	12:15	12:27	Leicester Sharks	5	Leicester Sharks	5	Leicester Sharks	5	Leicester Sharks	5								
<b>WARMUP 2</b>																		
BOYS	12:27	12:39	Leicester Neptune	10	Leicester Penguins	8	Market Harborough	2	Braunstone	10	Braunstone	8	Loughborough Town	10	Coalville	11	Hinckley	11
			Oadby & Wigston	2	Oadby & Wigston	3	Melton Mowbray	9										

