

# 2023 Leicestershire County Championships Warm Up Schedule - Session 8

Will coaches from each club liaise with other club/s in their lane to ensure swimmer safety during all warm up periods.

There will be a maximum of 13 mins. The last 5 minutes cover backstroke starts with ledges in lanes 1 - 3 plus 1 length dive starts in lanes 4 - 8

During continuous swimming odd number lanes will swim in a clockwise direction and even number lanes will swim anticlockwise.

Lanes identified as SPARE will be available for continuous swimming. There will be no diving in these lanes until dive starts are in operation.

**Please clear the pool promptly at the end of your warm up to allow the next group and the gala to start on time.**

## Session 8

Sunday 5 Feb at 13.30

Warm up 1 Start Finish

	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.
Boys	BSTA	6	COAA	5	HINA	3	LOUA	6	PENA (2) LSHA (1) NEPA (1)	4	MKHA (2) MEMA (2) OAWA	5	SPARE		SPARE	

## Warm up 2

Girls	13.45	13.58
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BSTA	4	COAA	5	HINA	5	HINA	5	HINA	4	PENA	4	LOUA	6	MEMA	7	SPARE
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## Warm up 3

Girls	14.00	14.13
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BSTA	4	COAA	5	HINA	5	HINA	5	HINA	4	PENA	4	LOUA	6	MEMA	6	SPARE
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## Warm up 4

Girls	14.15	14.28
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NEPA	7	COAA	5	HINA	6	HINA	6	LSHA	7	LSHA	6	MKHA	6	OAWA (4) SHEA (2)	6	SPARE
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**Gala Start time - 14.30**