

# 2024 Leicestershire County Championships Warm Up Schedule - Session 7

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 (incorporating 5 mins for sprints) per warm up slot

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

Note: Warm Up session 3 will contain swimmers of both sexes.

**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 7

Sunday 4 Feb at 13.25

Warm up 1 Start Finish

Female	13.25	13.38
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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.
BSTA	10	COAA	8	HINA	10	LSHA	8	LSHA (6) SHEA (1)	7	LOUA	10	MKHA	8	NEPA	10

## Warm up 2

Female	13.40	13.53
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BSTA	9	COAA	8	HINA	10	LSHA	8	NEPA (3) OAWA (4)	7	LOUA	10	PENA	8	PENA (4) MKHA (4)	8
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## Warm up 3

Female/Open /Male	13.55	14.08
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BSTA	9	MEMA	11	HINA	9	Open/Male BSTA	6	Open/Male COAA	6	Open/Male HINA (4) PENA (4)	8	LOUA	5	Open/Male LSHA (2) NEPA (1) MKHA (1)	4
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## Gala Start time - 14.10

Check count  
 Female = 168  
 Open/Male = 29