

# 2024 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 (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 8

Sunday 4 Feb at 17.00

**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.
Female	17.00	17.13	BSTA	10	COAA	11	HINA	10	PENA	8	LSHA	9	LOUA	7	MEMA	6	MEMA (6) OAWA (1)	7

## Warm up 2

Female/ Open/Male	17.15	17.28	BSTA	10	MKHA	10	HINA	11	NEPA	10	LSHA	8	LOUA	6	Open/Male MEMA	8	Open/Male MEMA	8
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## Warm up 3

Open/Male	17.30	17.43	BSTA	11	COAA	10	HINA	10	PENA	9	LSHA	10	NEPA	12	LOUA (4) SHEA (6)	10	MKHA	7
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## Warm up 4

Open/Male	17.45	17.58	BSTA	12	COAA	9	HINA	10	LSHA	10	LSHA (5) OAWA (5)	10	LOUA	11	LOUA	10	MKHA	7
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## Gala Start time - 18.00

Check count

Female = 123

Open/Male : 174