

2024 Leicestershire County Championships Warm Up Schedule - Session 9

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.

Lanes identified as SPARE will be available for continuous swimming. There will be no diving in these lanes.

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 9

Saturday 10 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.
Open/Male	13.30	13.43	BSTA	10	PENA	9	COAA	12	HINA	10	LSHA	10	LSHA	10	LOUA	12	LOUA	12

Warm up 2

Open/Male	13.45	13.58	BSTA	10	BSTA	10	COAA	11	HINA	10	HINA (8) SHEA (4)	12	LSHA (6) NEPA (4)	10	NEPA	10	OAWA (7) MEMA (5)	12
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Warm up 3

Female	14.00	14.13	BSTA	8	BSTA (3) HINA (3)	6	HINA	8	LSHA	7	NEPA	8	COAA	6	Open/Male MEMA	11	Open/Male MKHA	9
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Warm up 4

Female	14.15	14.28	BSTA	8	PENA	7	HINA	8	LSHA	6	LOUA	6	LOUA	5	MKHA	5	MEMA (5) OAWA (2)	7
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Gala Start time - 14.30

Check count

Open/Male = 190

Female = 95