

2023 Leicestershire County Championships Warm Up Schedule - Session 11

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 11

Saturday 11 Feb at 13.30

Warm up 1 Start Finish

Girls	13.30	13.43
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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	6	COAA	6	HINA	6	HINA	6	PENA	4	LSHA	6	MKHA	7	LOUA	6

Warm up 2

Girls	13.45	13.58
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BSTA	6	COAA (3) OAWA (2)	5	HINA	6	HINA	7	NEPA	4	LSHA	6	MEMA	6	MEMA (4) LOUA (3)	7
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Warm up 3

Boys	14.00	14.13
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BSTA	6	COAA	6	HINA	5	LSHA	4	LOUA	5	LOUA	5	MEMA (1) OAWA (1) SHEA (2)	4	SPARE
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Warm up 4

Boys	14.15	14.28
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PENA	4	NEPA	7	HINA	6	LSHA	4	LOUA	5	MKHA	5	SPARE	SPARE
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Gala Start time - 14:30