

2024 Leicestershire County Championships Warm Up Schedule - Session 2

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 marked Female EXTRA are available for Female only for continuous swim only. To be controlled by club coaches.

The small pool will be available during the session for warm up and swim down.

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 2

Saturday 27 Jan 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	17.03	BSTA	12	COAA	10	HINA	11	PENA	10	LSHA	10	NEPA	10	MKHA	12	LOUA	13

Warm up 2

Female	17.15	17.28	BSTA	11	COAA	11	HINA	10	HINA (6) OAWA (1) SHEA (2)	9	LSHA	9	NEPA (5) LOUA (6)	11	MEMA (8) LOUA (4)	12	MEMA	7
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Warm up 3

Open/Male	17.30	17.43	BSTA	9	COAA	7	HINA	8	PENA	4	LSHA	9	MKHA	9	Female EXTRA	Female EXTRA
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Warm up 4

Open/Male	17.45	17.58	NEPA	6	COAA	7	HINA	8	MEMA (2) OAWA (1) SHEA (4)	7	LSHA	9	LOUA	7	LOUA	7	Female EXTRA
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Gala Start time - 18.00

Check count

Female = 168

Open/Male = 97