

# 2024 Leicestershire County Championships Warm Up Schedule - Session 6

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.

The SPARE LANE in warm up 2 is available for continuous swimming - No diving.

**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 6

Sunday 4 Feb at 10.00

**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.
Open/Male	10.00	10.13	BSTA	5	COAA	6	HINA	2	PENA	5	LSHA	5	NEPA (2) OAWA (1)	3	LOUA	3	SPARE LANE	

## Warm up 2

Female	11.00	11.13	BSTA	3	COAA	5	HINA	3	NEPA	3	PENA	4	LOUA	1	LSHA	3	SPARE LANE	
--------	-------	-------	------	---	------	---	------	---	------	---	------	---	------	---	------	---	------------	--

## Warm up 3

Open/Male	12.15	12.28	BSTA	9	COAA	9	HINA (5) MKHA (1)	6	LSHA	11	PENA	7	NEPA (3) OAWA (1)	4	LOUA	8	MEMA	6
-----------	-------	-------	------	---	------	---	----------------------	---	------	----	------	---	----------------------	---	------	---	------	---

## Gala Start time - 10.15

NOTE: Warm ups 2 and 3 will commence upon completion of the previous event and the quoted warm up times are estimated on

Check count

Open/Male = 29

Female = 22