

2024 Leicestershire County Championships Warm Up Schedule - Session 5

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.

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 5

Saturday 3 Feb at 12.00

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	12.00	12.13	BSTA	7	COAA	7	HINA	8	PENA	10	LSHA	9	NEPA	10	LOUA	10	MKHA (3) OSWA (3) SHEA (2)	8

Warm up 2

Open/Male	12.15	12.28	BSTA	7	COAA	7	HINA	9	LSHA	8	LSHA	8	NEPA	6	LOUA	10	MEMA	6
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Warm up 3

Open/Male /Female	12.30	12.43	BSTA	7	COAA	7	HINA	8	DO NOT USE	FEMALE HINA	7	FEMALE LSHA	8	FEMALE NEPA	7	FEMALE OAWA (3) PENA (3)	6
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Warm up 4

Female	12.45	12.58	BSTA	8	BSTA	8	COAA	9	MEMA	6	HINA	7	LSHA	8	NEPA	7	LOUA	9
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Warm up 5

Female	13.00	13.13	BSTA	9	PENA	7	COAA	9	MEMA	6	HINA	7	MKHA	8	MKHA	9	LOUA	8
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Gala Start time - 13.15

Check count
Open/Male : 152
Female = 153