2024 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.

Note: Warm Up session 3 will contain swimmers of both sexes.

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			Lane 1		Lane 2		Lane 3		Lane 4		Lane 5		Lane 6		Lane 7		Lane 8	
Sunday 11 Feb at 12.30			No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	Club	No.	
12.30	12.43	BSTA	8	BSTA	8	COAA	8	HINA	9	HINA	9	LSHA	10	NEPA	12	LOUA (10) NEPA (2)	12	
Warm up 2																		
12.45	12.58	BSTA	8	COAA	7	COAA	8	HINA	8	HINA	8	PENA (4) LSHA (4)	8	LSHA	10	LOUA	10	
a 1	art 12.30	art Finish 12.30 12.43	art Finish 12.30 12.43 BSTA	art Finish 12.30 12.43 BSTA 8	art Finish 12.30 12.43 BSTA 8 BSTA	art Finish 12.30 12.43 BSTA 8 BSTA 8	art Finish 12.30 12.43 BSTA 8 BSTA 8 COAA	art Finish 12.30 12.43 BSTA 8 BSTA 8 COAA 8	art Finish 12.30 12.43 BSTA 8 BSTA 8 COAA 8 HINA	art Finish 12.30 12.43 BSTA 8 BSTA 8 COAA 8 HINA 9	art Finish 12.30 12.43 BSTA 8 BSTA 8 COAA 8 HINA 9 HINA	art Finish 12.30 12.43 BSTA 8 BSTA 8 COAA 8 HINA 9 HINA 9	art Finish 12.30 12.43 BSTA 8 BSTA 8 COAA 8 HINA 9 HINA 9 LSHA 12.45 12.58 BSTA 8 COAA 7 COAA 8 HINA 8 HINA 8 PENA (4)	art Finish 12.30 12.43 BSTA 8 BSTA 8 COAA 8 HINA 9 HINA 9 LSHA 10 12.45 12.58 BSTA 8 COAA 7 COAA 8 HINA 8 HINA 8 PENA (4) 8	art Finish 12.30 12.43 BSTA 8 BSTA 8 COAA 8 HINA 9 HINA 9 LSHA 10 NEPA 12.45 12.58 BSTA 8 COAA 8 HINA 8 HINA 8 PENA (4) 8 LSHA	art Finish 12.30 12.43 BSTA 8 BSTA 8 COAA 8 HINA 9 HINA 9 LSHA 10 NEPA 12 12.45 12.45 12.58 BSTA 8 COAA 8 HINA 8 HINA 8 PENA (4) 8 LSHA 10 NEPA 10	art Finish 12.30 12.43 BSTA 8 BSTA 8 COAA 8 HINA 9 HINA 9 LSHA 10 NEPA 12 LOUA (10) NEPA (2) 12.45 12.45 12.45 BSTA 8 COAA 8 HINA 8 HINA 8 PENA (4) 8 LSHA 10 LSHA 10 LOUA (10) NEPA (2)	

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Female/Open /Male	13.00	13.13	MKHA	9	МКНА	OAWA (3) MEMA (3) SHEA (1)	PENA	10	МЕМА	10	Open/Male BSTA (3) COAA (2) NEPA (1)	6	Open/Male PENA (4) LSHA (3)	7	Open/Male HINA (1) LOUA (4) OAWA (1)	6

Gala Start time - 13.15

Check count Female = 188 Open/Male = 19