

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

Sunday 11 Feb at 12.30

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	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

Female	12.45	12.58	BSTA	8	COAA	7	COAA	8	HINA	8	HINA	8	PENA (4) LSHA (4)	8	LSHA	10	LOUA	10
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Warm up 3

Female/Open /Male	13.00	13.13	MKHA	9	MKHA	9	OAWA (3) MEMA (3) SHEA (1)	7	PENA	10	MEMA	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
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Gala Start time - 13.15

Check count
 Female = 188
 Open/Male = 19