

2023 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.

Lanes identified as SPARE will be available for continuous swimming. There will be no diving in these lanes.

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

Sunday 29 Jan at 12.30

Warm up 1 Start Finish

Boys	12.30	12.43
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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.

BSTA	6	COAA	6	HINA	7	PENA	6	NEPA	5	OAWA	4	LOUA	7		SPARE
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Warm up 2

Boys	12.45	12.58
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BSTA	5	COAA	6	LSHA	6	MKHA (3) MEMA (2)	5	NEPA	4	SHEA	2	LOUA	7		SPARE
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Gala Start time - 13.00