

2024 Leicestershire County Championships Warm Up Schedule - Session 3

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

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

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 3

Sunday 28 Jan at 12.30

Warm up 1 Start Finish

Female	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	9	COAA	7	HINA	8	PENA	7	LSHA	9	NEPA	6	LOUA	8	MEMA	7

Warm up 2

Female	12.45	12.58
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BSTA	8	COAA	6	MKHA	10	PENA	6	LSHA	9	NEPA	6	LOUA	8	OAWA	3
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Warm up 3

Female/Open/ Male	13.00	13.13
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BSTA	8	HINA	8	HINA	8	HINA	8	Open/Male COAA (3) HINA (1)	4	Open/Male LSHA	5	Open/Male BSTA	6	Open/Male LOUA (2) PENA (3)	5
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Gala Start time - 13.15

Check count

Female = 149

Open/Mal 20