

# 2023 Leicestershire County Championships Warm Up Schedule - Session 4

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 4

Sunday 29 Jan at 09.45

Warm up 1 Start Finish

Boys	9.45	9.58
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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	6	LSHA	5	LOUA	5	LOUA	5	MEMA	3	NEPA	5

## Warm up 2

Boys	10.00	10.13
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BSTA	6	COAA	6	PENA	7	LSHA	5	LOUA	7	MKHA	5	OAWA (4) SHEA (1)	5	NEPA	4
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## Warm up 3

Girls	10.15	10.28
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BSTA	3	COAA	5	HINA	6	HINA	6	OAWA (2) NEPA (4)	6	LSHA	5	MEMA	7	MKHA	4
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## Warm up 4

Girls	10.30	10.43
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PENA	6	COAA	5	HINA	5	LOUA	5	LOUA	4	LSHA	6	MEMA	7	MKHA	4
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**Gala Start time - 10.45**