

2024 Leicestershire County Championships Warm Up Schedule - Session 10

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 10

Saturday 10 Feb at 17.40

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. |
| Open/Male | 17.40 | 17.53 | BSTA | 9 | COAA | 7 | HINA | 6 | PENA | 6 | LSHA | 10 | NEPA | 7 | MEMA | 5 | MEMA | 5 |

Warm up 2

| | | | | | | | | | | | | | | | | | | |
|-----------|-------|-------|------|---|------|---|------|---|------|---|------|----|------|---|----------------------|---|----------------------|---|
| Open/Male | 17.55 | 18.08 | BSTA | 9 | COAA | 7 | HINA | 6 | HINA | 7 | LSHA | 10 | LOUA | 7 | LOUA (6) SHEA (1) | 7 | MKHA (5) OAWA (2) | 7 |
|-----------|-------|-------|------|---|------|---|------|---|------|---|------|----|------|---|----------------------|---|----------------------|---|

Warm up 3

| | | | | | | | | | | | | | | | | | | |
|--------|-------|-------|-----------------------|----|------|----|------|----|------|----|----------------------|----|----------------------|----|------|----|---------------------|----|
| Female | 18.10 | 18.23 | BSTA (10) OAWA (1) | 11 | BSTA | 10 | COAA | 12 | HINA | 12 | HINA (6) MEMA (4) | 10 | PENA (6) NEPA (6) | 12 | LSHA | 12 | LOUA (8) MKHA(4) | 12 |
|--------|-------|-------|-----------------------|----|------|----|------|----|------|----|----------------------|----|----------------------|----|------|----|---------------------|----|

Gala Start time - 18.25

Check count

Open/Male = 115

Female = 91