

2024 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.

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 28 Jan at 16.00

Warm up 1 Start Finish

Open/Male	16.00	16.13
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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	10	COAA	8	HINA	8	PENA	10	LSHA	8	NEPA	11	LOUA	11	MEMA	10

Warm up 2

Open/Male	16.15	16.28
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BSTA	10	COAA	8	HINA	9	LSHA	8	LSHA	8	MKHA	10	LOUA	12	OAWA (5) SHEA (3)	8
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Warm up 3

Female	16.30	16.43
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BSTA	6	PENA (1) BSTA (3)	4	HINA	2	COAA	3	LSHA	4	NEPA	1	LOUA	3	MKHA (1) MEMA (2)	3
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Gala Start time - 16.45

Check count
Open/Mal 149
Female = 26