

2024 Leicestershire County Championships Warm Up Schedule - Session 1

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.

The small pool will be available during the session for warm up and swim down.

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 1

Saturday 27 Jan at 13.30

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.		
Female	13.30	13.43	BSTA	13	COAA	10	HINA	10	HINA	10	MKHA	10	LSHA	12	LOUA	12	NEPA (10) SHEA (2)	12

Warm up 2

Female	13.45	13.58	BSTA	12	COAA	9	HINA	8	PENA (7) OAWA (3)	10	PENA (7) MKHA (4)	11	LSHA (6) MEMA (5)	11	LOUA (6) MEMA (4)	10	NEPA (4) MEMA (6)	10
--------	-------	-------	------	----	------	---	------	---	----------------------	----	----------------------	----	----------------------	----	----------------------	----	----------------------	----

Warm up 3

Open/Male	14.00	14.13	BSTA	10	COAA	9	HINA	8	LSHA	7	LSHA	7	LOUA	7	MEMA (2) SHEA (2)	4	PENA (5) NEPA (5)	10
-----------	-------	-------	------	----	------	---	------	---	------	---	------	---	------	---	----------------------	---	----------------------	----

Gala Start time - 14.15

Check count

Female = 170

Open/Mal 62