

2024 Leicestershire County Championships Warm Up Schedule - Session 12

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.

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

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 12

Sunday 11 Feb at 16.45

Warm up 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	16.45	16.58	BSTA	10	COAA	7	HINA	9	LSHA	7	NEPA	10	LOUA	9	MEMA	6	MEMA	6
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Warm up 2

Open/Male	17.00	17.13	BSTA	9	COAA	7	HINA	9	LSHA	8	MKHA	9	LOUA	9	OAWA	5	SHEA	5
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Warm up 3

Open/Male/ Female	17.15	17.28	PENA	9	COAA	7	HINA	9	LSHA	7	Female HINA	5	Female PENA (4) LSHA (2)	6	Female COAA (4) LOUA (1)	5	Female NEPA (4) MEMA (3)	7
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Warm up 4

Female	19.30 Approx	19.43	BSTA	5	BSTA	4	COAA	5	HINA	5	PENA	3	LSHA	5	LOUA	3	NEPA (1) OAWA (1)	2
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NOTE; Warm up 4 will commence immediately after the completion of the final events.

Gala Start time - 17.30

Check count

Open/Male : 157
 Female = 23 1st 3 heats
 Female = 32 Last 4 heats