

## LASA COUNTY AGE GROUPS & CHAMPIONSHIPS

### WEEKEND TWO & THREE WARM UP SCHEDULE

Please note that warms ups are 3 x 15 minutes for all sessions. Those clubs with swimmers in the warm up /cool down pool (indicated by a L in the table below) have also been allocated a lane in the main pool. Coaches/Team Managers will be responsible for coordinating swimmers to enable them to practice starts in the main pool, if required during their warm up period. Coaches from clubs sharing a lane may benefit from making contact prior to the session to agree how their warm up will be managed. The numbers shown for each club are based on the highest number of swimmers in the sessions. The maximum number per lane is 36 based on 3 x 12 swimmers. Where a higher number is shown, if all swimmers attend on the day adjustments can be made

Session No.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 1L	Lane 2L	Lane 3L	Lane 4L
5 & 7	MKHA 28	LOUA 39	HINA 36	LSHA 36	COAA 25	BSTA 25	MEMA 29	SHEA 16	HINA 30	LSHA 38	COAA 25	BSTA 34
	OAWA 8				PENA 11	PENA 11	LCLA 3	NEPA 17				
6 & 8	BSTA 16	COAA 15	HINA 14	LSHA 18	MKHA 11	LOUA 21	MEMA 13	NEPA 7	BSTA 16	LSHA 17	HINA 14	COAA 15
					OAWA 4		PENA 10	LCLA 2				
								SHEA 4				
9 - 12	NEPA 15	PENA 19	MEMA 22									
	MKHA 18	OAWA 4	SHEA 12	LOUA 29	LSHA 28	HINA 28	COAA 28	BSTA 28	HINA 23	BSTA 24	COAA 20	LSHA 29
		LCLA 4										

For Information the numbers of accepted swimmers for each of the above sessions is as follows:

Session 5	Session 6	Session 7	Session 8	Session 9	Session 10	Session 11	Session 12
380	140	411	197	331	244	273	264