

# 2023 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.

Girls to warm up in lanes 1 and 2. Lanes 4 - 8 are for Boys. Lane 3 is to be kept empty

There will be a 25 minute warm up for all competitors in this session.

There will be no diving during the warm up events for this session.

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 gala to start on time.**

## Session 1

Friday 27 Jan at 18.00

Warm up 1 Start Finish

Boys/Girls	18.00	18.25
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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.
Boys		Boys		Empty Lane		Girls		Girls		Girls		Girls		Girls	

**Gala Start time - 18:30**

7 Boys for 1500m event

19 Girls for 800m event