

# 2023 Leicestershire County Championships Warm Up Schedule - Session 7

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.

Lanes identified as SPARE will be available for continuous swimming. There will be no diving in these lanes until dive starts are in operation.

**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 7

Saturday 4 Feb at 16.45

Warm up 1 Start Finish

Girls	16.45	16.58
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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	5	COAA	7	HINA	7	HINA	7	LSHA	6	LOUA	5	LOUA	6	MEMA	6	OAWA	5

## Warm up 2

Girls	17.00	17.13
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BSTA	5	COAA	6	HINA	7	PENA	7	LSHA	6	LOUA	5	MEMA	6	SPARE
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## Warm up 3

Girls	17.15	17.28
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BSTA	6	NEPA	8	HINA	7	MKHA	8	LSHA	6	LOUA	6	MEMA	6	SPARE
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## Warm up 4

Boys	17.30	17.43
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BSTA	6	COAA	6	HINA	7	PENA	7	LSHA	5	NEPA	6	LOUA	6	LOUA	6
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## Warm up 5

Boys	17.45	17.58
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BSTA	6	COAA	5	HINA	6	MKHA	7	LSHA	4	NEPA (4) MEMA (2)	6	LOUA	6	OAWA (4) SHEA (3)	7
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**Gala Start time - 18.00**