

# 2023 Leicestershire County Championships Warm Up Schedule - Session 2

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.

**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 2

Saturday 28 Jan at 13.45

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.		
Girls	BSTA	7	COAA	8	HINA	8	HINA	8	HINA	8	MEMA	8	LSHA	7	LOUA	9	OAWA (2) SHEA (3) LOUA (2)	7

## Warm up 2

Girls	14.00	14.13	PENA	6	COAA	8	HINA	8	NEPA	8	MEMA	7	LSHA	6	LOUA	9	MKHA	8
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## Warm up 3

Boys	14.15	14.28	BSTA	5	HINA	5	COAA	5	LSHA	5	LOUA	6	LOUA	6	MKHA	7	OAWA (3) SHEA (1)	4
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## Warm up 4

Boys	14.30	14.43	BSTA	5	HINA	4	COAA	6	NEPA	6	LSHA	5	LOUA	6	MEMA	4	PENA	8
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**Gala Start time - 14:45**