

2017 LEICESTER AGE GROUP MEET - WARMUP SCHEDULES

WARM UP PROCEDURES

WILL COACHES FROM EACH CLUB LIAISE WITH THE OTHER CLUB/S IN THEIR LANE TO ENSURE SWIMMER SAFETY DURING ALL WARM UP PERIODS. THERE WILL BE A MAXIMUM OF 15MINS per WARM UP including 5 MINUTES OF SPRINTS AT THE END OF EACH WARM UP FOR ALL GALAS. THE NUMBERS ARE BASED ON THE ORIGINAL CLUB ENTRY SO YOU MAY FIND YOU HAVE LESS SWIMMERS DUE TO WITHDRAWALS.

THE SMALL POOLS WILL BE AVAILABLE FROM AFTER 1st HEAT AND CLUBS ARE RESPONSIBLE FOR SUPERVISING THEIR SWIMMERS

| | | | BRAUNSTONE LEISURE CENTRE | | | | | | | |
|---------------------------------|-------|--------|--|--------|--------|--------|--|--------|--------|--------|
| SESSION 2 Saturday 8th APRIL | | | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 |
| WARMUP 1 | | | | | | | | | | |
| BOYS | 08:45 | 09:00 | BOYS: 10 PER LANE Burton, Co Leic, Coalville, Corby, Hinckley, Leic Sharks, Loughborough, Melton M'bry, Rugby, StaffordApex | | | | | | | |
| WARMUP 2 | | | | | | | | | | |
| | Start | Finish | BOYS: 10 PER LANE Calv Bing, Mansfield, Deepings, NottmLeander, Nova Cent'n, Orion, Radford, Sherwood, Wellingboro, Co Coventry | | | | GIRLS: 10 PER LANE Leic Sharks, Hinckley, Daventry, Blythe Barr, Bilston | | | |
| BOYS | 09:00 | 09:15 | | | | | | | | |
| GIRLS | | | | | | | | | | |
| WARMUP 3 | | | | | | | | | | |
| GIRLS | 09:15 | 09:30 | GIRLS: 10 PER LANE Arnold, Calv Bing, Co Coventry, Co Leicester, Coalville | | | | | | | |
| WARMUP 4 | | | | | | | | | | |
| GIRLS | 09:30 | 09:45 | GIRLS: 9 PER LANE Deepings, Haden Hill, Kettering, Kimberley, Loughborough, Mansfield, Melton M'bry, Nova Cent'n, Orion, Radford, Rugby, Shrewsbury, StaffordApex, Stourbridge, Wigan BEST | | | | | | | |

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| SESSION 3 Saturday 8th APRIL | | | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 |
|---------------------------------|-------|--------|---|--------|--------|--------|---|--------|--------|--------|
| WARMUP 1 | | | | | | | | | | |
| GIRLS | 12:35 | 12:50 | GIRLS: 10 PER LANE Arnold, Blythe Barr, Braunstone, Daventry, Grantham, Haden Hill, Kimberley, Leic Sharks, Linslade, Loughborough, Mansfield, Orion, Shrewsbury, StaffordApex, Stourbridge, Swadlincote, Wigan BEST | | | | | | | |
| WARMUP 2 | | | | | | | | | | |
| | Start | Finish | | | | | | | | |
| GIRLS | 12:50 | 13:05 | GIRLS: 10 PER LANE Coalville, Deepings, Hinckley, Melton M'bry, NottmLeander, Nova Cent'n, Radford | | | | | | | |
| WARMUP 3 | | | | | | | | | | |
| GIRLS | 13:05 | 13:20 | GIRLS: 10 PER LANE Co Leicester | | | | BOYS: 9 PER LANE Co Leicester | | | |
| BOYS | | | | | | | | | | |
| WARMUP 4 | | | | | | | | | | |
| BOYS | 13:20 | 13:35 | BOYS: 9 PER LANE Bilston, Braunstone, Co Coventry, Co Derby, Coalville, Deepings, Grantham, Hinckley, Leic Peng, Leic Sharks, Loughborough, Mansfield, NottmLeander, Orion, Radford, Rugby, Sherwood, Shrewsbury, Skegness, Wellingboro | | | | | | | |