

## 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 4 Sunday 9th APRIL			LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
<b>WARMUP 1</b>										
GIRLS	08:20	08:35	<b>GIRLS: 9 PER LANE</b> <b>Braunstone, Co Leicester, Daventry, Leic Sharks, Rugby, StaffordApex</b>							
<b>WARMUP 2</b>										
	Start	Finish								
GIRLS	08:35	08:50	<b>GIRLS: 9 PER LANE</b> <b>Bilston, Blythe Barr, Calv Bing, Coalville, Deepings, Grantham, Haden Hill, Hinckley, Kimberley, Loughborough, Melton M'bry, NottmLeander, Orion, Radford, Sherwood, Shrewsbury, Skegness, Stourbridge, Swadlincote, Wigan BEST</b>							
<b>WARMUP 3</b>										
GIRLS	08:50	09:05	<b>GIRLS: 9 PER LANE</b> <b>Arnold, Co Coventry, Nova Cent'n</b>				<b>BOYS: 8 PER LANE</b> <b>Co Derby, Co Leicester</b>			
BOYS										
<b>WARMUP 4</b>										
BOYS	09:05	09:20	<b>BOYS: 9 PER LANE</b> <b>Bilston, Braunstone, Calv Bing, Co Coventry, Coalville, Corby, Deepings, Hinckley, Kettering, Leic Peng, Leic Sharks, Loughborough, Mansfield, NottmLeander, Nova Cent'n, Radford, Rugby, Sherwood, Shrewsbury, Skegness, Stourbridge, Swadlincote, Wellingboro</b>							

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SESSION 5 Sunday 9th APRIL			LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WARMUP 1										
BOYS	12:35	12:50	<b>BOYS: 9 PER LANE</b> Co Coventry, Co Leicester, Coalville, Hinckley, Leic Peng, Linslade, Loughborough, Mansfield, Northampton, Nova Cent'n, Rugby, Sherwood							
WARMUP 2										
	Start	Finish	<b>BOYS: 10 PER LANE</b> Bilston, Calv Bing, Co Derby, Deepings, Leic Sharks, NottmLeander, Radford, Shrewsbury, Skegness, StaffordApex, Stourbridge, Wellingboro				<b>GIRLS: 9 PER LANE</b> Co Leicester			
BOYS	12:50	13:05								
GIRLS										
WARMUP 3										
GIRLS	13:05	13:20	<b>GIRLS: 10 PER LANE</b> Bilston, Co Coventry, Coalville, Daventry, Hinckley, Kimberley, Linslade, Mansfield, Nova Cent'n, Orion, Redditch, Stourbridge							
WARMUP 4										
GIRLS	13:20	13:35	<b>GIRLS: 9 PER LANE</b> Arnold, Blythe Barr, Camp Hill SC, Deepings, Leic Sharks, Loughborough, Melton M'bry, NottmLeander, Radford, Shrewsbury, StaffordApex							