

## 2017 LEICESTER OPEN - 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 **15 MINS** per WARM UP including 5 MINUTES OF SPRINTS AT THE END OF EACH WARM UP FOR ALL SESSIONS.

THE NUMBERS ARE BASED ON THE ORIGINAL CLUB ENTRY SO YOU MAY FIND YOU HAVE LESS SWIMMERS DUE TO WITHDRAWALS.

THE INTENTION IS THAT THERE IS A MAXIMUM OF 13 SWIMMERS IN EACH LANE FOR EACH WARM UP. PLEASE ENSURE THIS GUIDELINE IS FOLLOWED.

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

## BRAUNSTONE LEISURE CENTRE

SESSION 1 Friday 17th Nov			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.	Club
WARMUP 1			Start	Finish															
GIRLS	17:15	17:30	CORBY	10	HINCKLEY	8	MELTON MOWBRAY	5	MELTON MOWBRAY	11	CITY OF LEICESTER	11	CITY OF LEICESTER	10	CITY OF LEICESTER	10	CITY OF LEICESTER	10	
					ASHBOURNE	4	RUGBY	6	CITY OF LEICESTER	11	BRAUNSTONE	1	LEIC NEPTUNE	1	LEIC SHARKS	1			
WARMUP 2																			
GIRLS	17:30	17:45	BOYS		BOYS		GIRLS		GIRLS		GIRLS		GIRLS		GIRLS		GIRLS		
BOYS			CITY OF LEICESTER	10	MELTON MOWBRAY	10	CHESTERFIELD	12	CHESTERFIELD	4	BRAMCOTE	1	CITY OF DERBY	13	NORTHAMPTON	3	NORTHAMPTON	12	NORTHAMPTON
								SOUTH Lincs	1	CARLTON	1	RETTFORD	6	NOTTMLEANDER	1				
WARMUP 3																			
BOYS	17:45	18:00	CITY OF LEICESTER	11	CITY OF LEICESTER	8	NORTHAMPTON	10	NORTHAMPTON	10	NORTHAMPTON	6	CORBY	9	HINCKLEY	7	ASHBOURNE	2	
					LEIC SHARKS	2			CITY OF DERBY	4	CHESTERFIELD	2	BRAUNSTONE	2	BELPER MARLIN	1	BRAMCOTE	1	KIMBERLEY
														LEIC NEPTUNES	1	RETTFORD	2	RUGBY	1

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SESSION 2 Saturday 18th Nov			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.	Club	No.	
WARMUP 1			Start	Finish																	
GIRLS			09:00	09:15	NORTHAMPTON	10	NORTHAMPTON	10	NORTHAMPTON	10	CITY OF LEICESTER	10	CITY OF LEICESTER	10	CITY OF LEICESTER	10	CITY OF LEICESTER	6	HINCKLEY	4	
																		LEIC SHARKS	1	MELTON MOWBRAY	7
																		LEIC PENGs	1		
WARMUP 2																					
GIRLS			09:15	09:30	<u>BOYS</u>		<u>BOYS</u>		<u>GIRLS</u>		<u>GIRLS</u>		<u>GIRLS</u>		<u>GIRLS</u>		<u>GIRLS</u>		<u>GIRLS</u>		
BOYS					CITY OF LEICESTER	10	MELTON MOWBRAY	5	CHESTERFIELD	9	CHESTERFIELD	5	CORBY	9	RET FORD	9	CITY OF DERBY	6	ASHBOURNE	2	
					RUGBY	4	LEIC NEPTUNE	1	BRAMCOTE	1					SOUTH LINC S	1					
					LEIC NEPTUNES	1	CHESTERFIELD	9	LEIC NEPTUNE	1					NOTTMLEANDER	1					
															BRAUNSTONE	1					
WARMUP 3																					
BOYS			09:30	09:45	CITY OF LEICESTER	11	CITY OF LEICESTER	5	NORTHAMPTON	10	NORTHAMPTON	10	NORTHAMPTON	11	RET FORD	2	CORBY	4	ASHBOURNE	2	
					HINCKLEY	2											BIRCOTES	1			
					BRAUNSTONE	1											BRAMCOTE	1			
					LEIC SHARKS	2										SHERWOOD	1				
															CHESTERFIELD	9	CITY OF DERBY	3			
																	KIMBERLEY	2			
																	KINGSBURY	2			

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## BRAUNSTONE LEISURE CENTRE

SESSION 3 Saturday 18th Nov			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.
<b>WARMUP 1</b>			<b>Start</b>	<b>Finish</b>														
GIRLS	13:15	13:30	NORTHAMPTON	10	NORTHAMPTON	10	NORTHAMPTON	4	MELTON MOWBRAY	9	CHESTERFIELD	9	CHESTERFIELD	4	HINCKLEY	7	RETFORD	6
					MELTON MOWBRAY	4					BRAMCOTE	2	LEIC NEPTUNE	1	ASHBOURNE	1		
															COALVILLE	1	CORBY	3
<b>WARMUP 2</b>																		
GIRLS	13:30	13:45	<u>BOYS</u>		<u>BOYS</u>		<u>GIRLS</u>		<u>GIRLS</u>		<u>GIRLS</u>		<u>GIRLS</u>		<u>GIRLS</u>		<u>GIRLS</u>	
BOYS			CITY OF LEICESTER	7	CITY OF LEICESTER	7	CITY OF LEICESTER	9	CITY OF LEICESTER	9	CITY OF LEICESTER	9	CITY OF LEICESTER	9	CITY OF LEICESTER	7	CITY OF DERBY	8
															LEIC SHARKS	1		
<b>WARMUP 3</b>																		
BOYS	13:45	14:00	CITY OF LEICESTER	9	CITY OF LEICESTER	5	NORTHAMPTON	9	NORTHAMPTON	9	NORTHAMPTON	9	KIMBERLEY	3	HINCKLEY	1	CORBY	2
					LEIC SHARKS	2										ASHBOURNE	1	BRAMCOTE
															MELTON MOWBRAY	4	CITY OF DERBY	2
															BELPER MARLIN	1	BIRCOTES	1
															RUGBY	1	LEIC NEPTUNES	1
															RETTFORD	1	KINGSBURY	2

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## HINCKLEY LEISURE CENTRE

SESSION 4 Sunday 19th Nov			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.
WARMUP 1			Start	Finish														
BOYS	09:00	09:15	NORTHAMPTON	8	NORTHAMPTON	8	CITY OF LEICESTER	10	CITY OF LEICESTER	10	CITY OF LEICESTER	7	CHESTERFIELD	6	CITY OF DERBY	5	RET福德	3
			LEIC SHARKS	2	BRAMCOTE	1	CORBY	4	LEIC NEPTUNE	1	KIMBERLEY	2	SHERWOOD	1	RUGBY	3		
WARMUP 2																		
BOYS	09:15	09:30	<u>BOYS</u>		<u>BOYS</u>		<u>BOYS</u>		<u>GIRLS</u>		<u>GIRLS</u>		<u>GIRLS</u>		<u>GIRLS</u>		<u>GIRLS</u>	
GIRLS			NORTHAMPTON	8	NORTHAMPTON	8	MELTON MOWBRAY	5	CITY OF LEICESTER	9	CITY OF LEICESTER	9	BRAMCOTE	2	CARLTON	1	CHESTERFIELD	11
					HINCKLEY	4							CITY OF DERBY	7	RUGBY	7		
WARMUP 3																		
GIRLS	09:30	09:45	NORTHAMPTON	10	NORTHAMPTON	10	NORTHAMPTON	10	CITY OF LEICESTER	9	CITY OF LEICESTER	8	CORBY	4			MELTON MOWBRAY	6
													LEIC SHARKS	1	HINCKLEY	4	RET福德	7

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BRAUNSTONE																		
SESSION 5 Sunday 19th Nov	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.		
<b>WARMUP 1</b>																		
	Start	Finish																
BOYS	Start Time	Finish Time	NORTHAMPTON	11	NORTHAMPTON	11	NORTHAMPTON	7	CITY OF LEICESTER	11	CITY OF LEICESTER	9	CITY OF LEICESTER	11	CITY OF DERBY	5	CHESTERFIELD	6
					RUGBY	4			LEIC NEPTUNE	1					HINCKLEY	3	RETTFORD	3
									BRAUNSTONE	1					KIMBERLEY	3	BRAMCOTE	1
<b>WARMUP 2</b>																		
BOYS			<u>BOYS</u>		<u>BOYS</u>		<u>GIRLS</u>		<u>GIRLS</u>		<u>GIRLS</u>		<u>GIRLS</u>		<u>GIRLS</u>		<u>GIRLS</u>	
			CORBY	9	MELTON MOWBRAY	9							ASHBOURNE	5	RETTFORD	7		
GIRLS	13:10	13:25					NORTHAMPTON	11	CITY OF LEICESTER	11	CITY OF LEICESTER	11	BRAUNSTONE	2	REDDITCH	2	RUGBY	11
			KINGSBURY	2	ASHBOURNE	1							CANNOCK	1	NOTTMLEANDER	1		
													CARLTON	1	LEIC NEPTUNE	1		
<b>WARMUP 3</b>																		
GIRLS	00:00	00:00	HINCKLEY	9	NORTHAMPTON	5					CITY OF LEICESTER	7	CHESTERFIELD	2				
							NORTHAMPTON	11	CITY OF LEICESTER	11					CHESTERFIELD	11	MELTON MOWBRAY	11
			CORBY	2	CORBY	6					LEIC SHARKS	1						
											COALVILLE	2	CITY OF DERBY	9				