

2018 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 10MINS per WARM UP including 2 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 1 FRIDAY 9th MARCH	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
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WARMUP 1

GIRLS	18:10	18:20	GIRLS: (MAX 10 per lane) BelperMarlin (2), Calv Bing (3), Co Coventry (1), Deepings (3), Grantham (2), Loughborough (6), Northampton (7), Radford (2)		Leic Sharks (9), Leic Peng (1)	GIRLS: (MAX 10 per lane) Co Leicester (36), Hinckley (2), Leicester Ne (2)		
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WARMUP 2

BOYS	18:20	18:30	BOYS: (MAX 6 per lane) Calv Bing (3), Coalville (1), Deepings (1), Loughborough (1), Northampton (2), Nuneaton (1), Radford (3), DerbyPhoenix (1), Swadlincote (1)		Leicester Sharks (5)	Leicester Neptune (5)	BOYS: (MAX 7 per lane) Co Leicester (18)		
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SESSION 2 SATURDAY 10th MARCH			LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WARMUP 1										
BOYS	08:20	08:30	BOYS: (MAX 8 per lane) Braunstone (3), Calv Bing (3), CarltonForum (1), Coalville (5), Deepings (8), Hinckley (3), Leic Sharks (5)				BOYS: (MAX 8 per lane) Co Leicester (27)			
WARMUP 2										
	Start	Finish	BOYS: (MAX 8 per lane) Leicester Neptune (11), Loughborough (4), Radford (8), Bilston (2), Wyre Forest (1)				BOYS: (MAX 9 per lane) Northampton (33)			
BOYS	08:30	08:40								
WARMUP 3										
GIRLS	08:40	08:50	GIRLS (MAX 11 per lane) BelperMarlin (2), Calv Bing (9), Coalville (12), Corby (1), Deepings (20)				GIRLS (MAX 11 per lane) Northampton (44)			
WARMUP 4										
GIRLS	08:50	09:00	GIRLS (MAX 11 per lane) Hinckley (12), Leic Peng (1), Leic Sharks (7), Loughborough (9), Radford (12), StaffordApex (2), Sutton (1)				GIRLS (MAX 11 per lane) Co Leicester (38), Leicester Neptune (4), Nuneaton (2)			

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BRAUNSTONE LEISURE CENTRE

SESSION 3 SATURDAY 10th MARCH			LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WARMUP 1										
GIRLS	12:20	12:30	GIRLS: (MAX 11 per lane) Deeping (22)		GIRLS: (MAX 10 per lane) Coalville (10), Calv Bing (10)		GIRLS: (MAX 12 per lane) Co Leicester (45)			
WARMUP 2										
	Start	Finish	GIRLS: (MAX 10 per lane) Hinckley (15), Nuneaton (2)		GIRLS: (MAX 11 per lane) Loughborough (11), Leic Sharks (8)		GIRLS: (MAX 12 per lane) Northampton (46)			
GIRLS	12:30	12:40								
WARMUP 3										
GIRLS	12:40	12:50	GIRLS: (MAX 8 per lane) Braunstone (1), Corby (1), Leicester Neptune (5), Radford (12), StaffordApex (2), Sutton (1), Leic Peng (1), BelpherMarlin (3)				BOYS: (MAX 9 per lane) Co Leicester (25), Hinckley (5), Braunstone (3), Coalville (2)			
BOYS										
WARMUP 4										
BOYS	12:50	13:00	Leic Sharks (11)	Deepings (8)	Leicester Neptune (9)	BOYS: (MAX 10 per lane) Loughborough (5), Radford (8), Calv Bing (4), Sutton (1), Wyre Forest (1)		BOYS: (MAX 12 per lane) Northampton (34)		

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BRAUNSTONE LEISURE CENTRE

SESSION 4 SUNDAY 11th MARCH	LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	

WARMUP 1

GIRLS	08:25	08:35	LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	
			Loughborough (12)	Leic Sharks (7), Braunston (1), Leic Peng (1), Rugby (1)	Hinckley (11)	GIRLS: (MAX 10 per lane) Co Leicester (42)												

WARMUP 2

GIRLS	Start	Finish	LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	
			08:35	08:45	GIRLS: (MAX 11 per lane) Deepings (18), Coalville (13)						GIRLS: (MAX 10 per lane) Northampton (43)							

WARMUP 3

GIRLS	08:45	08:55	LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	
			BOYS	GIRLS: (MAX 7 per lane) BelperMarlin (3), Calv Bing (8), Corby (1), Leicester Neptune (3), Radford (9), StaffordApex (2), Sutton (1)						BOYS: (Max 9 per lane) Co Leicester (26)				BOYS: Leic Sharks (9)				

WARMUP 4

BOYS	08:55	09:05	LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	
			Braunstone (3), Loughb'gh (3), Hinckley (2)	Deepings (8)	Radford (9)	Calv Bing (4), Coalville (5),	Leicester Neptune (11)	BOYS: (MAX 10 per lane) Northampton (28)										

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BRAUNSTONE LEISURE CENTRE

SESSION 5 SUNDAY 11th MARCH			LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	
WARMUP 1											
BOYS	12:45	12:55	BOYS: (MAX 10 per lane) Leicester Neptune (13), Loughborough (6)		Deepings (7)	Radford (9)	BOYS: (MAX 8 per lane) Co Leicester (28)				
WARMUP 2											
	Start	Finish	BOYS		12:55	13:05	Calv Bing (5), Coalville (4), Braunstone (3)		Hinckley (6)	Leic Sharks (9)	BOYS: (MAX 8 per lane) Northampton (32)
WARMUP 3											
GIRLS	13:05	13:15	Radford (11)	Coalville (10), Rugby (1)	GIRLS (MAX 11 per lane) Hinckley (14), Leic Sharks (8)		GIRLS (MAX 11 per lane) Northampton (41), BelpherMarlin (3)				
WARMUP 4											
GIRLS	13:15	13:25	GIRLS (MAX 11 per lane) StaffordApex (2), Deepings (20)		GIRLS (MAX 11 per lane) Calv Bing (6), Sutton (1), Loughborough (14), Nuneaton (1)		GIRLS (MAX 11 per lane) Co Leicester (38), Leicester Neptune (5), Leic Peng (1)				