

# LEICESTERSHIRE COUNTY CHAMPIONSHIPS

## WARM UP PROCEDURES

### GALAS 4-6

6<sup>TH</sup> & 7<sup>TH</sup> MARCH 2010

### LOUGHBOROUGH UNIVERSITY

**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 3X10MINS WARM UP PERIODS PLUS 5 MINUTES OF SPRINTS AT THE END OF EACH 10 MINUTE PERIOD FOR ALL GALAS DURING THIS WEEKEND**

**THE INTENTION IS THAT THERE ARE ONLY 12/13 SWIMMERS IN EACH LANE FOR EACH WARM UP TO COMPLY WITH POOL HEALTH & SAFETY REQUIREMENTS. PLEASE ENSURE THIS GUIDELINE IS FOLLOWED**

GALA	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
4	Penguins (36)	Penguins (37)	Lutterworth (21) Neptune (14) Welbeck (1)	Lutterworth (20) Melton (17)	Braunstone (36)	Braunstone (8) Enderby (24) Lough Uni (6)	Hinckley (25) Harborough (10) Shepshed (1)	Coalville (20) Lough Town (18)
5	Lutterworth (39)	Penguins (39)	Penguins (39)	Braunstone (16) Melton (22)	Braunstone (26) Harborough (9) Welbeck (3)	Hinckley (24) Neptune (14)	Enderby (9) Lough Town (18) Lough Uni (9)	Enderby (13) Coalville (22) Shepshed (2)
6	Melton (19) Coalville (18)	Penguins (34)	Penguins (33) Shepshed (2)	Lutterworth (20) Lough Town (15)	Lutterworth (19) Welbeck (2) Harborough (8) Lough Uni (4)	Hinckley (25) Enderby (9)	Enderby (15) Neptune (19)	Braunstone (36)