

Regional Short Course 2021 Warm Up Schedules

Heat Session Warm Ups

	Pool A	Pool B		Pool A	Pool B
Warm up 1	8-8.15	8.05-8.20	Warm up 1	12-12.15	12.05-12.20
Warm up 2	8.20-8.35	8.25-8.40	Warm up 2	12.20-12.35	12.25-12.40
Warm up 3	8.40-8.55	8.45-9.00	Warm up 3	12.40-12.55	12.45-13.00

There are no dive starts during the heat session warm ups.

Clubs have been allocated a lane to warm up in in one or more of the sessions, due to the number of swimmers we have averaged these out across all lanes, so some clubs will need to be in more than one lane, and some clubs will be sharing lanes. Where clubs are over multiple lanes, one of these lanes may be shared with other clubs. Gender has been taken into account to allow the swimmers potentially in the first heat/event to be in an earlier warm up.

Swimmers should arrive ready to warm up and enter the poolside as given on the diagram.

Spare lanes may be used by any swimmer as long as the lane capacity does not exceed 8 and the coach is present.

Final Session Warm Ups

Both pools will be open 4.15 pm – 4.50 pm.

Lanes 1 and 8 will be open for dive starts throughout, with a backstroke ledge in lane 7 for the last 10 minutes, this may be put in earlier and the number of dive start lanes increased at the discretion of the warm up lead.

All Sessions

- Maximum 8 swimmers per lane – it is the coaches responsibility to ensure this is not exceeded
- All lanes to swim clockwise
- Swimmers must be supervised by a coach while in the water
- Entry and exit to poolside must be as given in the diagram document

Warm up 3

	Pool A							
Club	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Derventio	6	6						
Chesterfield			3					
Corby			4					
Grantham				2				
Sutton				1				
Rushden				4				
Northampton					6	6		
Repton							7	7
	Pool B							
Club	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Louth	2							
Mansfield	2							
Melton M'bry	2							
Nova		6	6	6	3			
Long Eaton					1			
Dronfield					1			
Hinckley					1			
Belper Marlin						1		
Braunstone						1		
Co Derby						2		
Spare as required							Spare	Spare

Belper Marlin									1
---------------	--	--	--	--	--	--	--	--	---

Warm up 3

	Pool A							
Club	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Carlton Forum	1							
Chesterfield	1							
Mansfield	2							
Repton		6	6					
Nova				6	6	7		
Derventio							5	6
	Pool B							
Club	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Deepings	1							
Dronfield	1							
Grantham	1							
Corby	3							
Co Leicester		6						
Daventry			6					
Co Lincoln P				3				
Hinckley				2				
Leic Sharks					7			
Lincoln Vulc						1		
Skegness						1		
Sutton						1		
Wellingborough						1		
							Spare	Spare

