

Worcester County Championship 2016

Warm up Schedule

Each session is arranged by the number of swimmers taking part . No more than 96 in the water at a time. 12 per lane,
Each club is asked to have swimmers ready for their warm up so they make the most of the time they have been allocated.

3 or 4 lanes can be opened for the last 5mins of each time slot for sprints

Clubs must provide lane minders at each end of the lanes

Distance Day Sunday 24th January at Redditch - Lead Coach Redditch							
Session 1 (1500m)				Session 2 (800m)			
WU 1	10 .am to 10.30.am	Mixed Masters/Boys	40	WU 1	1.30pm to 2pm	Mixed Masters /Girls	44
Saturday 30th January at Wolverhampton -Lead Coach Hereford							
Session 3				Session 4			
WU 1	9.00 to 9.18am	11/12 Boys & Girls	75	WU 1	1.15 to 1.29pm	11/12u Boys and Girls	92
WU 2	9.19 to 9.37am	13/14 Boys & Girls 13/14,16yrs	89	WU 2	1.30 to 1:45pm	13/14 Girls & 13 Boys	86
WU 3	9.38 to 9.56am	15/16/17+ Boys & 15/17+ Girls	97	WU 3	1.45 to 2:00pm	14/15 Boys & Girls 15	54
				WU 4	2.00 to 2.15	16/17+ Boys & Girls	78
Total swimmers in Session			261	Total swimmers in Session			310
Sunday 31st January at Wolverhampton -Lead Coach Halesowen							
Session 5				Session 6			
WU 1	9.00 to 9.15am	11/12 Boys & Girls	94	WU 1	1.15 to 1.30pm	11/ Boys, & 11/12 Girls	68
WU 2	9.15 to 9.30am	13/14 Girls & 13 Boys	85	WU 2	1.30 to 1.45pm	13/ Girls & 12/13 Boys	64
WU 3	9.30 to 9.45am	14/15/16 Boys, 15/16 Girls	80	WU 3	1.45 to 2.00pm	14/15/Boys & Girls	82
WU 4	9.45 to 10am	17 Boys & Girls	46	WU 4	2.00 to 2.15pm	16/17+ Boys & Girls	71
Total swimmers in Session			305	Total swimmers in Session			285
Saturday 6th February at Wolverhampton -Lead Coach Worcester							
Session 7				Session 8			
WU 1	9.00 to 9.15am	11 Boys & 11/12 Girls	82	WU 1	1.15 to 1.30pm	11/12 Boys & Girls	80
WU 2	9.15 to 9.30am	12/13/14 Boys & 13 Girls	76	WU 2	1.30 to 1.45pm	13/14 Boys & Girls	55
WU 3	9.30 to 9.45am	14/15 Girls & 15/16 Boys	72	WU 3	1.45 to 2.00pm	15/16 Boys & 14/15/Girls	78
	9.45 to 10am	17+ Boys & 16/17+ Girls	60	WU 4	2.00 to 2.15pm	17 Boys & 16/17 Girls	69
Total swimmers in Session			290	Total swimmers in Session			282
Sunday 7th February Wolverhampton -Lead Coach Stourbridge							
Session 9				Session 10			
WU 1	9.00 to 9.15am	11/12 Boys & Girls	92	WU 1	1.15 to 1.30pm	11/12 Boys & Girls	88
WU 2	9.15 to 9.30am	13/14 Boys & Girls	86	WU 2	1.30 to 1.45pm	13/14 Boys & Girls	88
WU 3	9.30 to 9.45am	15/16 Boys, 15/16 Girls	68	WU 3	1.45 to 2.00pm	15/16 Boys & Girls	54
	9.45 to 10am	17+ Boys & Girls	57	WU 4	2.00 to 2.15pm	17+ Boys & Girls	56
Total swimmers in Session			303	Total swimmers in Session			286

