



Swim England

# East Midlands

Swim England East Midlands Festival of Swimming 2021

Harvey Hadden Nottingham Sat 31<sup>st</sup> July / Sun 1<sup>st</sup> August

Licensed Level 1

## Warm Up Instructions

To help us follow our COVID Guidelines and risk assessment we have had to split the warm up for each session into 2 sessions (A and B). Each of these will be for 20 minutes but will NOT include any dive practice. This is due to our COVID guidelines and the need to “rinse down” the blocks between each swimmer.

Clubs competing will be allocated a lane to warm up in in one of the sessions and 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.

In one of the warm up sessions, for each session, we will have 1 lane for Para Swimmers. Where this lane is in use we have tried to keep the clubs of the para swimmers close by so coaches can look over both lanes.

We require ALL swimmers to arrive at the pool ready to swim. Swimmers on leaving the warm up will be allowed to use the changing rooms to change into race suits, and also be allowed to change after their races to travel home.

There are strict numbers of swimmers as a maximum for each lane that we must adhere to and we ask for the coaches support in doing this.

We would also ask, that there is no diving throughout the warm up session, and that clubs swim in alternate directions. Therefore, the odd lanes will swim clockwise and even lanes will swim anti-clockwise.

At the end of the warm up session, please remain in your lanes and you will be instructed when to leave the pool via our exit route from the poolside back to the sports hall.

There will be no water based swim down facility and swimmers are advised to follow coaches instructions to warm down.

Over the next few pages you will find the allocations for each session.

# Session 1 - Saturday 31<sup>st</sup> July AM

The below tables show the number of swimmers from each club that has been allocation into each lane. Please do not exceed these numbers. It is down to the coaches to manage the lanes and ensure that the total number of swimmers per lane is not exceeded.

## Warm Up Session A - 08:00-08:20

CLUB	Lane							
	1*	2	3	4	5	6	7	8
Bassetlaw SS							9	
Boston					2			
Buxton			1					
Chesterfield			3					
Co Derby				6				
Daventry		2						
Deepings								2
Grantham						5		
Ilkeston								3
Lincoln Vulcans					8			
Repton Swim	1		5					
Rushden	1	7						
Rykneld								3
Skegness								2
South Lincs						5		
Sutton							1	
Swadlincote				4				

\* Para Swimming Lane

## Warm Up Session B - 08:30-08:50

CLUB	Lane							
	1	2	3	4	5	6	7	8
Bramcote						1		
Calv Bing						1		
Carlton Forum						1		
Co Leicester	2	10						
Co Lincoln P								4
Corby	3							
Derventio			10					
Kettering	2							
Lincoln TSA								1
Louth								5
Northampton							10	
Nova Centurion				10	10	2		
Oadby & Wigston	1							
Radford						4		

# Session 2 - Saturday 31<sup>st</sup> July PM

The below tables show the number of swimmers from each club that has been allocation into each lane. Please do not exceed these numbers. It is down to the coaches to manage the lanes and ensure that the total number of swimmers per lane is not exceeded.

## Warm Up Session A - 13:30-13:50

CLUB	Lane							
	1*	2	3	4	5	6	7	8
Corby							3	
Deepings								1
Grantham								8
Nene Valley							1	
Northampton			10					
Notts Leander						1		
Nova Centurion				8	8	7		
Repton Swim	1	8						
Sutton						1		
Wellingborough							5	

\* Para Swimming Lane

## Warm Up Session B - 14:00-14:20

CLUB	Lane							
	1	2	3	4	5	6	7	8
Arnold			1					
Bassetlaw SS			3					
Boston	3							
Buxton					2			
Chesterfield				2				
Co Derby					1			
Co Leicester		9						
Co Lincoln P						4		
Coalville								1
Daventry								1
Derby Phoenix				3				
Derventio				2				
Kettering	6							
Lincoln Vulcans						5		
Long Eaton					1			
Louth							3	
Oadby & Wigston								2
Radford			4					
Rushden								4
Rykneld					2			
South Lincs							6	
Swadlincote					1			

# Session 3 - Sunday 1<sup>st</sup> August AM

The below tables show the number of swimmers from each club that has been allocation into each lane. Please do not exceed these numbers. It is down to the coaches to manage the lanes and ensure that the total number of swimmers per lane is not exceeded.

## Warm Up Session A - 08:00-08:20

CLUB	Lane							
	1*	2	3	4	5	6	7	8
Bassetlaw SS								1
Boston					1			
Chesterfield				7				
Co Lincoln P					5			
Grantham					4			
Kettering		2						
Northampton	2	8						
Notts Leander								2
Nova Centurion						10	10	
Repton Swim	1		10	3				
South Lincs								7

\* Para Swimming Lane

## Warm Up Session B - 08:30-08:50

CLUB	Lane							
	1	2	3	4	5	6	7	8
Arnold								3
Belper Marlin						2		
Bramcote								1
Carlton Forum								1
Co Derby			6					
Co Leicester			4	10				
Coalville		1						
Corby							6	
Daventry							2	
Deepings	5							
Derby Phoenix						2		
Derventio					10	1		
Eckington						1		
Ilkeston								1
Lincoln Vulcans	4							
Long Eaton						2		
Loughborough Uni		9						
Louth								4
Nene Valley							1	
Rushden							1	
Sutton	1							
Swadlincote						2		

# Session 4 - Sunday 1<sup>st</sup> August PM

The below tables show the number of swimmers from each club that has been allocation into each lane. Please do not exceed these numbers. It is down to the coaches to manage the lanes and ensure that the total number of swimmers per lane is not exceeded.

## Warm Up Session A - 13:00-13:20

CLUB	Lane							
	1*	2	3	4	5	6	7	8
Bassetlaw SS				8				
Co Leicester							9	
Coalville							1	
Corby			6					
Daventry	1		5					
Hinckley							2	
Loughborough Uni								11
Louth	1	3						
Mansfield					1			
Northampton	1	9						
Nova Centurion					11	11		
Radford				4				

\* Para Swimming Lane

## Warm Up Session B - 13:30-13:50

CLUB	Lane							
	1	2	3	4	5	6	7	8
Arnold								1
Boston					1			
Bramcote								1
Carlton Forum								1
Chesterfield		1						
Co Derby				2				
Co Lincoln P					3			
Derby Phoenix		4						
Derventio	12	1						
Grantham					4			
Hucknall Lin								1
Ilkeston		2						
Kettering							5	
Lincoln Vulcans						4		
Long Eaton				2				
Notts Leander								6
Repton Swim		1	12					
Rushden							5	
Rykneld				2				
Skegness					4			
South Lincs						6		
Swadlincote		3						
Wellingborough				5				