



NOTTINGHAMSHIRE ASA COUNTY CHAMPIONSHIPS 2022

Championship Conditions
WEEKEND 1



WARM UP SCHEDULE - SATURDAY SESSION 1

Club	Warm Up	Lane1	Lane2	Lane3	Lane4	Lane5	Lane6	Lane7	Lane8
Warm up 1A - 1:30pm - 1:48pm									
Bramcote	1A			10	11				
Falcon	1A								10
Kimberley	1A		1						
Notts Leander	1A	11	11						
Sherwood	1A							14	
Sutton	1A					10			
Worksop	1A						10		
Warm up 1B - 1:50pm - 2:08pm									
Arnold	1B							12	
CABSC	1B								7
Carlton Forum	1B					10			
Mansfield	1B						9		
Radford	1B		3	11					
Retford	1B	11	4						
Sutton	1B				13				
Uni of Nottingham	1B						2		7
Warm up 1C - 2:10pm - 2:28pm									
Bircotes	1C							4	
Bramcote	1C	12	5						
Carlton Forum	1C							8	
Mansfield	1C		8						
Notts Leander	1C			12	11				
Radford	1C						10		
Retford	1C					13			
Worksop	1C								5

- Odd lanes are to start from the scoreboard and swim Clockwise.
- Even lanes are to start from the boom and swim Anti-Clockwise.

DO NOT stand on the timing boards to enter the pool.

When exiting the pool, this must be done from the sides of the pool and NOT over the timing boards.

Swimmers are to leave the warm up session promptly to make way for the next session to start.



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WARM UP SCHEDULE - SATURDAY SESSION 2 FINALS ONLY

Age Group	Warm Up	Lane1	Lane2	Lane3	Lane4	Lane5	Lane6	Lane7	Lane8
Warm up 2A - 5:00pm - 5:28pm									
11/Under	2A	ALL							
12	2A		ALL						
13	2A			ALL					
14	2A				ALL				
15	2A					ALL	ALL		
16/Over	2A							ALL	ALL

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WARM UP SCHEDULE - SUNDAY SESSION 3

Club	Warm Up	Lane1	Lane2	Lane3	Lane4	Lane5	Lane6	Lane7	Lane8
Warm up 3A - 8:00am- 8:18am									
Mixed (Disability)	3A	4							
Arnold	3A		10						
Bircotes	3A			6					
Bramcote	3A				12				
CABSCg	3A							7	
Falcon	3A			6					
Hucknall/Linby	3A							2	
Notts Leander	3A					12			
Radford	3A								10
Retford	3A						11		
Warm up 3B - 8:20am - 8:38am									
Bramcote	3B	12	7						
Carlton Forum	3B			10					
Kimberley	3B		5						
Notts Leander	3B					10			
Notts Northern	3B						5		
Sherwood	3B							11	
Sutton	3B								10
Uni of Nottingham	3B						4		
Worksop	3B				11				
Warm up 3C - 8:40am- 8:58am									
Arnold	3C							5	
Carlton Forum	3C		8						
Mansfield	3C		2	12					
Notts Leander	3C				10	10			
Radford	3C						10		
Retford	3C							4	12
Sutton	3C	12							

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WARM UP SCHEDULE - SUNDAY SESSION 4

Club	Warm Up	Lane1	Lane2	Lane3	Lane4	Lane5	Lane6	Lane7	Lane8
Warm up 4A - 12:30pm- 12:48pm									
Arnold	4A	12							
Bramcote	4A		13						
Mansfield	4A			10					
Notts Leander	4A							13	
Radford	4A								13
Retford	4A						12		
Sherwood	4A			3	15				
Sutton	4A					12			
Warm up 4B - 12:50pm - 1:08pm									
Arnold	4B			5					
Bramcote	4B	13	9						
CABSC	4B			8					
Carlton Forum	4B				13	5			
Kimberley	4B		3						
Mansfield	4B							13	
Notts Northern	4B					3			
Sutton	4B								12
Worksop	4B					5	12		
Warm up 4C - 1:10pm- 1:28pm									
Bircotes	4C					9			
Falcon	4C		9						
Hucknall/Linby	4C	2							
Notts Leander	4C	12	3	13	13				
Radford	4C					5	13		
Retford	4C							12	6
Southwell	4C								1
Uni of Nottingham	4C								5

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