



NOTTINGHAMSHIRE ASA COUNTY CHAMPIONSHIPS 2022

Championship Conditions
WEEKEND 3 - Version 2



WARM UP SCHEDULE - SATURDAY AM - SESSION 9

Club	Warm Up	Lane1	Lane2	Lane3	Lane4	Lane5	Lane6	Lane7	Lane8
Warm up 9A - 9:00am - 9:25am									
Arnold	9A	2							
Bramcote	9A		4						
Carlton Forum	9A	1							
Falcon	9A	1							
Kimberley	9A				1				
Notts Leander	9A			4	2				
Radford	9A				1				
Retford	9A						4	2	
Sherwood	9A								3
Sutton	9A					4			
Worksop	9A							1	

- 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.



NOTTINGHAMSHIRE ASA COUNTY CHAMPIONSHIPS 2022

Championship Conditions
WEEKEND 3 - Version 2



WARM UP SCHEDULE - SATURDAY AM - PART 2 - SESSION 10

Club	Warm Up	Lane1	Lane2	Lane3	Lane4	Lane5	Lane6	Lane7	Lane8
Warm up 10A - 11:45am - 12:02pm									
Arnold	10A			5					
Bramcote	10A	10	10						
CABSC	10A			4					
Carlton Forum	10A				6				
Falcon	10A				4				
Kimberley	10A						2		
Mansfield	10A					9			
Notts Leander	10A						8	10	10
Warm up 10B - 12:04pm - 12:21pm									
Bircotes	10B								3
Mansfield	10B								7
Notts Northern	10B					1			
Radford	10B	12	12						
Retford	10B			10	3				
Sherwood	10B					9			
Southwell	10B							1	
Sutton	10B						10	9	
Worksop	10B				5				
Warm up 10C - 12:23pm - 12:40pm									
Arnold	10C							5	
Bramcote	10C	10	3						
Carlton Forum	10C			9					
Notts Leander	10C				11	11			
Retford	10C						12		
Sherwood	10C		7						
Uni of Nottingham	10C							2	
Worskop	10C								9

- 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.



NOTTINGHAMSHIRE ASA COUNTY CHAMPIONSHIPS 2022

Championship Conditions
WEEKEND 3 - Version 2



WARM UP SCHEDULE - SUNDAY AM - SESSION 11 - RELAYS N = NORTH POOL, S = SOUTH POOL

Club	Warm Up	Lane1	Lane2	Lane3	Lane4	Lane5	Lane6	Lane7	Lane8
Warm up 11A - 8:00am - 8:17am									
Bramcote	11A - N	X	X						
Notts Leander	11A - N					X	X		
Notts Northern	11A - N			X	X				
Sutton	11A - N							X	X
Carlton Forum	11A - S	X	X						
Mansfield	11A - S							X	X
Radford	11A - S			X	X				
Sherwood	11A - S						X		
Worksop	11A - S					X			
Warm up 11B - 8:19am - 8:36am									
CABSC	11B - N	X	X						
Radford	11B - N			X	X	X	X		
Worksop	11B - N							X	X
Bircotes	11B - S	X	X						
Notts Leander	11B - S			X	X				
Retford	11B - S					X	X		
Sutton	11B - S							X	X
Warm up 11C - 8:38am - 8:55am									
Bramcote	11C - N	X	X	X					
Mansfield	11C - N				X	X			
Notts Northern	11C - N						X		
Sherwood	11C - N							X	X
Arnold	11C - S	X							
Falcon	11C - S							X	X
Hucknall / Linby	11C - S		X						
Notts Leander	11C - S					X	X		
Radford	11C - S			X					
Sutton	11C - S				X				

- North Pool: ALL lanes to start from the scoreboard end.
- South Pool: ALL lanes are to start from the far end.
- Odd Lanes are to swim Clockwise, Even Lanes are to 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.



NOTTINGHAMSHIRE ASA COUNTY CHAMPIONSHIPS 2022

Championship Conditions
WEEKEND 3 - Version 2



WARM UP SCHEDULE - SUNDAY PM - SESSION 12 - RELAYS N = NORTH POOL, S = SOUTH POOL

Club	Warm Up	Lane1	Lane2	Lane3	Lane4	Lane5	Lane6	Lane7	Lane8
Warm up 12A - 12:00pm - 12:17pm									
Bramcote	12A - N	X	X						
Leander	12A - N			X	X				
Radford	12A - N							X	X
Sutton	12A - N					X	X		
Arnold	12A - S	X							
Bircotes	12A - S		X	X					
Carlton Forum	12A - S						X		
Retford	12A - S				X	X			
Sherwood	12A - S							X	
Warm up 12B - 12:19pm - 12:36pm									
Hucknall / Linby	12B - N	X	X						
Notts Leander	12B - N			X	X				
Mansfield	12B - N					X	X		
Worksop	12B - N							X	X
Bramcote	12B - S	X	X						
Radford	12B - S			X	X	X			
Sherwood	12B - S						X	X	
Sutton	12B - S								X
Warm up 12C - 12:38pm - 12:55pm									
Arnold	12C - N							X	
CABSC	12C - N	X							
Carlton Forum	12C - N				X	X			
Falcon	12C - N		X	X					
Retford	12C - N						X		
Sherwood	12C - N								X
Worksop	12C - N	X							
Bramcote	12C - S							X	X
Mansfield	12C - S	X							
Notts Leander	12C - S			X	X	X			
Sutton	12C - S						X		
Worksop	12C - S		X						

- North Pool: ALL lanes to start from the scoreboard end.
 - South Pool: ALL lanes are to start from the far end.
- Odd Lanes are to swim Clockwise, Even Lanes are to 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.



NOTTINGHAMSHIRE ASA COUNTY CHAMPIONSHIPS 2022

Championship Conditions
WEEKEND 3 - Version 2



WARM UP SCHEDULE - SUNDAY FINALS - SESSION 13 - RELAYS

Warm Up 13 A - 4:15pm - 4:34pm (Both Pools)

Teams 9/10 Years

Teams 12/Under

Warm Up 13 B - 4:36pm - 4:55pm (Both Pools)

Teams 14/Under

Teams 16/Under

- North Pool: ALL lanes to start from the scoreboard end.
 - South Pool: ALL lanes are to start from the far end.
- Odd Lanes are to swim Clockwise, Even Lanes are to 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.**