

# City of Sunderland ASC Summer Splash 2015



## Timings & Warm Up Procedure

Saturday 4th July	Sunday 5th July
<b>Session 1</b> 07:30 – 08:00 Withdrawal Forms 07:30 – 08:00 Relay Team Forms 08:00 – 08:25 Warm-up Male 08:26 – 08:50 Warm-up Female 09:00 – 12:30 Events 101 – 117	<b>Session 3</b> 07:30 – 08:00 Withdrawal Forms 07:30 – 08:00 Relay Team Forms 08:00 – 08:25 Warm-up Female 08:26 – 08:50 Warm-up Male 09:00 – 12:30 Events 301 – 317
<b>Session 2</b> 12:30 – 13:00 Withdrawal Forms 12:30 – 13:00 Relay Team Forms 13:00 – 13:25 Warm-up Male 13:26 – 13:50 Warm-up Female 14:00 – 17:30 Events 201 – 214	<b>Session 4</b> 12:30 – 13:00 Withdrawal Forms 12:30 – 13:00 Relay Team Forms 13:00 – 13:25 Warm-up Female 13:26 – 13:50 Warm-up Male 14:00 – 17:00 Events 401 – 414

### Timings & Marshalling

Coaches / Team-Managers please ensure the following....

- Withdrawals & Relay Team forms to the Timing Room by **08:00 & 13:00** each day.
- Both Morning sessions start with a Team Cannon – teams need to be ready, at the correct end(s) of the pool, by 08:55 each day
- Swimmers need to be in Marshalling **5 heats before** their heat.

### Warm-up Procedure

Please ensure swimmers use the full, long course lane during warm-up. Sprint lanes will be made available on the last 10 minutes of each warm up. These will operate in lanes 0,1 and 2, & 7,8 and 9 from the scoreboard end.

The 25 metre diving pool is available for continuous warm up and swim downs. The facility is **not provided** for social recreation. Please could you ensure that all your swimmers are aware of this, and that they use the dive pool appropriately. Any abuse will result in the facility being withdrawn.

Due to the large number of swimmers on deck over the weekend can we politely ask that clubs be conservative with space in the seating areas and limit their time in the warm down pool to only what is necessary to ensure fair use by everyone.

All the very best for a great meet.