**City of Sunderland ASCSummer Splash 2016**

**Timings & Warm Up Procedure**

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| **Saturday 9th July** | **Sunday 10th July** |
| **Session 1**07:30 – 08:15 Withdrawal Forms07:30 – 08:15 Relay Team Forms08:00 – 08:25 Warm-up Male08:26 – 08:50 Warm-up Female09:00 – 12:35 Events 101 – 117 | **Session 3**07:30 – 08:15 Withdrawal Forms 07:30 – 08:15 Relay Team Forms08:00 – 08:25 Warm-up Female08:26 – 08:50 Warm-up Male09:00 – 12:35 Events 301 – 317 |
| **Session 2**12:30 – 13:15 Withdrawal Forms12:30 – 13:15 Relay Team Forms 13:00 – 13:25 Warm-up Male13:26 – 13:50 Warm-up Female14:00 – 17:35 Events 201 – 214 | **Session 4**12:30 – 13:15 Withdrawal Forms 12:30 – 13:15 Relay Team Forms 13:00 – 13:25 Warm-up Female13:26 – 13:50 Warm-up Male14:00 – 17:35 Events 401 – 414 |

**Timings & Marshalling**

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

* Withdrawal forms to the Timing Room by **5pm Friday 8th July.** After that date, withdrawals will be an empty lane.
* 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 Any abuse will result in the facility being withdrawn.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.