

City of Sunderland ASC New Year Meet 2020 Timings & Warm Up Procedure



Date	Session	From	To	What	Where
Friday 10 th January	Session 1	16:30	17:20	Warmup - Mixed	Main Pool, Diving Pool
		17:30	20:00 (est)	Events 101 - 102	Main Pool
Saturday 11 th January	Session 2	08:00	08:25	Warmup - Male	Main Pool, Diving Pool
		08:26	08:50	Warmup - Female	Main Pool, Diving Pool
		09:00	12:30 (est)	Events 201 - 207	Main Pool
Saturday 11 th January	Session 3	13:00	13:25	Warmup - Male	Main Pool, Diving Pool
		13:26	13:50	Warmup - Female	Main Pool, Diving Pool
		14:00	17:30 (est)	Events 301 - 308	Main Pool
Sunday 12 th January	Session 4	08:00	08:25	Warmup - Female	Main Pool, Diving Pool
		08:26	08:50	Warmup - Male	Main Pool, Diving Pool
		09:00	12:30 (est)	Events 401 - 407	Main Pool
Sunday 12 th January	Session 5	13:00	13:25	Warmup - Female	Main Pool, Diving Pool
		13:26	13:50	Warmup - Male	Main Pool, Diving Pool
		14:00	17:30 (est)	Events 501 - 508	Main Pool

Timings & Marshalling

Coaches / Team-Managers please ensure the following:

- Withdrawal forms for Session 2 and 3 only to the Timing Room by **16:00** Friday 10th January.
- Withdrawal forms for Session 4 and 5 only to the Timing Room by **14:00** Saturday 11th January.
- Swimmers need to be in Marshalling **5 heats before** their heat.

Warm-up Procedure

A maximum of 12 swimmers per lane in long course and 10 swimmers per lane in short course throughout all warm up sessions must be adhered to.

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 0,1,2,3, & 7,8,9 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. Coaches & Team Managers: It is your responsibility to ensure that all your swimmers are aware of this, and that they use the dive pool safely & appropriately. Any abuse will result in the facility being withdrawn.

All the very best for a great meet.