

# City of Sunderland ASC

# Short Course Qualifier

## Timings & Warm Up Procedure



Date	Session	From	To	What	Where
Saturday 17th	Session 1	07:30	08:00	Withdrawal Forms	Timing Room
		08:00	08:25	Warmup - Boys	Main Pool
		08:26	09:50	Warmup - Girls	Main Pool
		09:00	12:30 (est)	Events 101 - 108	Main Pool
Saturday 17th	Session 2	12:30	13:00	Withdrawal Forms	Timing Room
		13:00	13:25	Warmup - Boys	Main Pool
		13:26	13:50	Warmup - Girls	Main Pool
		14:00	17:30 (est)	Events 201 - 209	Main Pool
Sunday 18 <sup>th</sup>	Session 3	07:30	08:00	Withdrawal Forms	Timing Room
		08:00	08:25	Warmup - Girls	Main Pool
		08:26	09:50	Warmup - Boys	Main Pool
		09:00	12:30 (est)	Events 301 - 308	Main Pool
Sunday 18 <sup>th</sup>	Session 4	12:30	13:00	Withdrawal Forms	Timing Room
		13:00	13:25	Warmup - Girls	Main Pool
		13:26	13:50	Warmup - Boys	Main Pool
		14:00	17:30 (est)	Events 401 - 409	Main Pool

### Timings & Marshalling

Coaches / Team-Managers please ensure the following:

- Withdrawals forms to the Timing Room by **08:00 & 13:00** each day.
- Swimmers need to be in Marshalling **5 heats before** their heat.

### Warm-up Procedure

Please ensure swimmers use the full, **Short Course** lane during warm-up. Do NOT climb over the pads to exit a lane.

**Sprint Lanes** will be made available on the last 10 minutes of each warm up. These will operate in lanes 0,1,3, & 7,8,9 from the scoreboard end.

The 12 lane 25 metre 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 you supervise them to use the warmup pool safely & appropriately. Any abuse will result in the facility being withdrawn.

**PLEASE NOTE: The Dive Pool is not in use for this gala. Please do not attempt to use it – because there will be no lifeguard cover.**

All the very best for a great meet.