**City of Sunderland ASCShort Course Qualifier**

**Timings & Warm Up Procedure**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Date** | **Session** | **From** | **To** | **What** | **Where** |
|  | | | | | |
| Saturday 8th | Session 1 | 08:00 | 08:25 | Warmup – Boys | Main Pool |
| 08:26 | 08:50 | Warmup – Girls | Main Pool |
| 09:00 | 12:00 (est) | Events 101 - 108 | Main Pool |
|  | | | | | |
| Saturday 8th | Session 2 | 13:00 | 13:25 | Warmup – Boys | Main Pool |
| 13:26 | 13:50 | Warmup - Girls | Main Pool |
| 14:00 | 17:00 (est) | Events 201 - 209 | Main Pool |
|  | | | | | |
| Sunday 9th | Session 3 | 08:00 | 08:25 | Warmup – Girls | Main Pool |
| 08:26 | 08:50 | Warmup - Boys | Main Pool |
| 09:00 | 12:00 (est) | Events 301 - 308 | Main Pool |
|  | | | | | |
| Sunday 9th | Session 4 | 13:00 | 13:25 | Warmup – Girls | Main Pool |
| 13:26 | 13:50 | Warmup - Boys | Main Pool |
| 14:00 | 17:00 (est) | Events 401 - 409 | Main Pool |

**Timings & Marshalling**

Coaches / Team-Managers please ensure the following:

* Withdrawals forms to the Timing Room by
* **5:00pm Friday 7th October for Saturday events**
* **5:00pm Saturday 8th October for Sunday events**
* Swimmers need to be in Marshalling **5 heats** **before** their heat.

**Warm-up Procedure**

All three pools are available for warm-up. There is a **maximum** **limit of 10 swimmers in each lane**. Please make every effort to observe this limit for safety reasons.

Do NOT climb over the pads to exit a lane.

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 Any abuse will result in the facility being withdrawn.

All the very best for a great meet.