**City of Sunderland ASCSummer Splash 2016**

**Timings & Warm Up Procedure**

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| **Saturday 9th July** | **Sunday 10th July** |
| **Session 1**08:00 – 08:25 Warm-up Male08:26 – 08:50 Warm-up Female09:00 – 12:35 Events 101 – 117 | **Session 3**08:00 – 08:25 Warm-up Female08:26 – 08:50 Warm-up Male09:00 – 12:35 Events 301 – 317 |
| **Session 2**13:00 – 13:25 Warm-up Male13:26 – 13:50 Warm-up Female14:00 – 17:35 Events 201 – 214 | **Session 4**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 (or Emails to galas@cityofsunderlandasc.co.uk) by ...
	+ **5pm Friday 8th July – For Sessions 1 & 2**
	+ **5pm Saturday 9th July – For Sessions 3 & 4**
* 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 **25metre Diving Pool** is also available during the **warm-up** session. If the main pool is busy – please use this facility. **Practice Dive Starts** must only be attempted in the **Main Long Course Pool** using **Approved Blocks** – do not attempt dive starts in the Diving Pool.

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 Any abuse will result in the facility being withdrawn.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.