

City of Sunderland ASC

Spooktacular 2021

Timings & Warm Up Procedure

Date	Session	From	To	What	Where
Saturday 30 th October	Session 1	08:00	08:25	Warmup - Male	Main Pool (2 sections)
		08:26	08:50	Warmup - Female	Main Pool (2 sections)
		09:00	12:10 (est)	Events 101 - 108	Main Pool
Saturday 30 th October	Session 2	13:00	13:25	Warmup - Male	Main Pool (2 sections)
		13:26	13:50	Warmup - Female	Main Pool (2 sections)
		14:00	16:30 (est)	Events 201 - 209	Main Pool
Sunday 31 st October	Session 3	08:00	08:25	Warmup - Female	Main Pool (2 sections)
		08:26	08:50	Warmup - Male	Main Pool (2 sections)
		09:00	12:10 (est)	Events 301 - 308	Main Pool
Sunday 31 st October	Session 4	13:00	13:25	Warmup - Female	Main Pool (2 sections)
		13:26	13:50	Warmup - Male	Main Pool (2 sections)
		14:00	16:30 (est)	Events 401 - 409	Main Pool

Timings & Marshalling

Coaches / Team-Managers please ensure the following:

- Withdrawal forms for Session 1 and 2 only to the Timing Room by **16:00** Friday 29th October.
- Withdrawal forms for Session 3 and 4 only to the Timing Room by **14:00** Saturday 30th October.
- Swimmers need to be in Marshalling **5 heats before** their heat.

Warm-up Procedure

A maximum of 6 swimmers per lane throughout all warm up sessions must be adhered to.

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 0,1,2 & 7,8,9 from the scoreboard end.

The secondary 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 they use the facility safely & appropriately. Any abuse will result in the facility being withdrawn.

The Dive Pool is not used for this gala.

All the very best for a great meet.