City of Sunderland ASC
New Year Meet 2022
Timings & Warm Up Procedure

Date	Session	From	To	What	Where
Friday 21st January	Session 1	16:30	17:20	Warmup – Mixed	Main Pool, Diving Pool
		17:30	20:00 (est)	Events 101 - 102	Main Pool
Saturday 22nd 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	12:45 (est)	Events 201 - 207	Main Pool
Saturday 22nd 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	17:45 (est)	Events 301 - 308	Main Pool
Sunday 23rd 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	12:40 (est)	Events 401 - 407	Main Pool
Sunday 23rd 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	17:40 (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 **18:00** Friday 21st January.
- Withdrawal forms for Session 4 and 5 only to the Timing Room by **14:00** Saturday 22nd January.
- Swimmers need to be in Marshalling **5 heats before** their heat.

Warm-up Procedure
A maximum of 18 swimmers per lane in long course and 8 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 Any abuse will result in the facility being withdrawn.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.